

Yogurt Guide

We use **plain non-fat Greek yogurt** (like Aldi Friendly Farms) as it's a versatile choice and our recipes tend to add fat and/or sweetness as needed via other ingredients. However, you can choose another option. Here are a few swaps and how they differ:



*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.



FREE OR LOW FAT COTTAGE CHEESE

Protein content remains relatively similar while adding a bit less tangy flavor (blend for a smooth consistency)



SWEETENED

A slightly sweeter alternative, may not work well for savory recipes



FULL FAT

Similar nutrient profile with less fiber, often has softer texture.



WHOLE MILK COTTAGE CHEESE

Blend for a similar consistency, more nutrient dense, helpful when additional fat is desired/needed.



REGULAR

Traditional styles are thinner consistency and have less protein, could add a tbsp or so of protein powder.



SOUR CREAM

Will make dishes richer and less tangy, with more fat and calories but less protein.



DAIRY FREE

Typically less protein, could add dairy free protein powder if desired.



SKYR

Thicker and higher protein due to straining process; fat content depends on variety.



SILKEN TOFU

When blended it can be a thick, smooth consistency, adding liquid as needed. Will provide less protein.

Greek Yogurt Fact Sheet

Per 1/2 cup plain non-fat

Calories	Fat	Protein	Carbs	Fiber	Cost
60	0	10.66	4	0	0.4732



- Greek yogurt is packed with protein that has a PDCAAS score of 1.0 meaning it's one of the **highest-quality, most digestible proteins** you can eat (your body can use almost all of it for muscle repair, hunger regulation, immune support, and overall cell function).
- The protein also helps slow digestions and **keeps blood sugar stable** and steady.
- Most store-brand Greek yogurts contain **live cultures** (friendly bacteria that support digestion), but amounts aren't measured and often fall below research-backed doses (1-10 billion CFU). They're fine for everyday gut support, but if you have persistent digestive issues or a specific health need, choose yogurts that list CFUs for a guaranteed higher dose.
- **“rBST Free”** may be seen on labels. This is an artificial hormone once used to help cows produce more milk. Research shows no meaningful difference in nutrition or safety between milk from cows treated with rBST and those not treated. The label mostly reflects consumer preference, not a health risk. Also, many farmers stopped using rBST years ago even without labeling.