

What to Consider When Buying Plant-Based Yogurt

Plant-based yogurts vary widely in protein content, sugar levels, price point, and much more! Lisa Andrews, MEd, RD, LD has listed a few key things to consider when shopping for plant-based yogurts.

Allergens



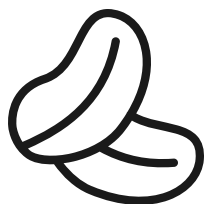
The base for your yogurt matters! People with nut or soy allergies should go for coconut or oat milk as the base for their yogurts.

Added Sugars



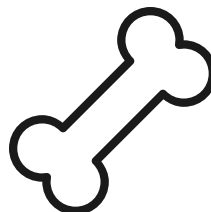
Plain yogurt will have the least added sugar. Look for yogurt with 6 grams of added sugar or less per serving in flavored varieties.

Protein



Aim for a minimum of 5 grams of protein per serving. Add protein powder, nuts, or seeds to increase the overall protein content of your meal.

Calcium



Ideally there should be 180 mg or more per serving. Be sure to get calcium in your other meals or snacks to meet the DRI.

Probiotics



Read the label for added probiotics. Avoid heat-treated varieties as this kills off bacteria to extend shelf life.

Cost



Plant-based yogurts tend to be much pricier than traditional or Greek yogurts. Go with what best fits your budget.

Happy Shopping!