

Review: Our Favorite Healthy New Yogurts of 2017



Upgrade your afternoon sweet snack with a new, better-for-you creamy treat.
Crunch Time

Swap your dessert for Chobani's new Simply 100 Crunch, a line of sweets-inspired yogurt with only 100 calories. Nonfat Greek yogurt gets a flavor boost from piecrust pieces and cinnamon-flavored white chocolate chunks in Peach Cobbler a La Mode, which has 10g protein in each 4.2-oz. serving.

Super Sipper

On-the-go snacking is simpler with Siggi's new not-toosweet Swedish-style Filmjölk, a whole-milk drinkable yogurt. It's made using only five ingredients and no artificial sweeteners. You'll get 30 percent of your recommended daily calcium intake and a megadose of probiotics in each 8-oz. bottle.

No Milk? No Prob

A dairy-free diet doesn't have to be yogurt-free, too. Daiya's new 150-calorie Greek Yogurt Alternatives replaces cow's milk with coconut cream and pea protein. Every 5.3-oz. cup contains 10 percent of your recommended daily iron dose.

Almond Joy

Nuts for almond milk? You'll love Silk's new Almond Dairy-Free Yogurt Alternative. Each 5.3-oz. cup contains only 1g of saturated fat and no artificial colors or flavoring.

Low-Cal Cup

Yoplait's new Greek 100 Protein varieties cut not just calories (it's only 100 per 5.3-oz. cup) but also sugar, containing only 6 to 7g per cup, with the added boost of 14 to 15g protein.

Flax Facts

Made using flax milk, Good Karma's new *Dairy Free Yogurt* contains 800mg of Omega-3 fatty acids per serving, which can help lower triglyceride levels and decrease joint pain due to inflammation. Plus, it's only 20 calories from fat (and no saturated fat!) in each 6-oz serving.

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