



Greek Yogurt

Did You Know?

Greek yogurt can be used in a variety of ways!

Try it:

- At breakfast topped with fruit and granola
- In place of sour cream or mayonnaise
- As a savory dip for veggies
- As a creamy marinade for chicken with lemon and cayenne pepper
- Topped with honey, cinnamon, and chopped walnuts for dessert



Photo by: [Migle/Flickr](#)

What is Greek yogurt?

Greek yogurt is a nutritious and versatile ingredient, differing from traditional yogurt by being strained more during processing which gives it a thicker consistency and smoother flavor than regular yogurt.

Health benefits of Greek yogurt

Greek yogurt can be eaten as a snack or incorporated into recipes and meals for many health benefits which include:

- Provides more protein, but less carbohydrate than regular yogurt.
- Provides vitamin D, calcium and other vitamins and minerals important for bone health and maintaining a healthy blood pressure.
- Contains probiotics or “good” bacteria that contribute to gut health, supporting digestion and immunity.

Purchasing and storing Greek yogurt

There are many Greek yogurt products available, but all are not created equal.

- Traditionally, Greek yogurt is made using only milk and active cultures. Read the label to see what other ingredients, if any, have been added.
- Like traditional yogurt, Greek yogurt can also be high in sugar and fat. Look for brands that are low in sugar, and read the label for percentage of fat.

For safety purposes, be sure to continuously refrigerate Greek yogurt and keep it covered in the original package to keep other odors out.

- After being opened and/or near its end date, Greek yogurt may separate with a cloudy, watery liquid on top, which can be poured off or stirred back in.
- Freezing in an airtight container can lengthen Greek yogurts’ use for up to 6 weeks.

Enjoy Greek yogurt for a variety of health benefits and as a delicious addition to your diet!