



Brand	Calories	Fat grams total	Sugar (grams)	Protein (grams)	% DV Calcium	Organic	Gluten Free	Ingredients
								Sweetener Thickener/Filler
								Preservatives Flavor Enhancers
								Coloring Other Additives
Chobani, Plain (6oz)	100	0	7	18	20%	No	Yes	Cultured Pasteurized Nonfat Milk, Live and Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Casei.
Chobani, Vanilla (6oz)	130	0	16	14	20%	No	Yes	Nonfat Yogurt (Cultured Pasteurized Nonfat Milk, Live and Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Casei), Evaporated Cane Juice , Vanilla Extract, Locust Bean Gum , Pectin .
Chobani, Honey (6oz)	130	0	16	14	20%	No	Yes	Nonfat Yogurt (Cultured Pasteurized Nonfat Milk, Live and Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Casei), Clover Honey.
Chobani Blended, Flavored (6oz)	130-170	0-4.5	17-21	13-14	20%	No	Yes	Added Ingredients: Evaporated Cane Juice , Pectin , Locust Bean Gum .
Chobani, Blended, Vanilla Chocolate Chunk (8oz)	270	7	32	18	20%	No	Yes	Lowfat Yogurt (Cultured Pasteurized Nonfat Milk, Cream, Live and Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Casei), Evaporated Cane Juice , Chocolate, Cocoa Butter, Natural Flavors, Pectin , Locust Bean Gum , Guar Gum .
Chobani Fruit on the Bottom (6oz)	130-160	0-3	17-21	13-14	20%	No	Yes	Added Ingredients: Evaporated Cane Juice , Pectin , Locust Bean Gum .
Chobani Bite (3.5oz)	100	1-2	12-13	8	10%	No	Yes	Added Ingredients: Evaporated Cane Juice , Caramelized Sugar Syrup , Pectin , Caramel Color , Locust Bean Gum .
Chobani Flips (5.3oz)	160-230	1.5-10	12-22	11-13	15%	No	Yes	Added Ingredients: Evaporated Cane Juice , Milk Fat , Sugar , Cane Sugar , Pectin , Locust Bean Gum , Salt , Guar Gum .
Chobani Champions (3.5oz)	100	1.5	13	8	10%	No	Yes	Added Ingredients: Evaporated Cane Juice , Pectin , Locust Bean Gum , Fruit and Vegetable Juice Concentrate .
Chobani Champions, Vanilla Chocolate Chunk (3.5oz)	120	3	14	8	10%	No	Yes	Cultured Pasteurized Nonfat Milk, Cream, Evaporated Cane Juice , Chocolate, Cocoa Butter, Natural Flavors, Pectin , Locust Bean Gum , Vitamin D3. Live and Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus and L. Casei.
Fage Total Classic, Plain (7oz)	190	10	8	18	20%	No	Yes	Grade A Pasteurized Milk and Cream, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).
Fage Total Classic, Flavored (5.3oz)	170-210	6	16-29	11	10%	No	Yes	Added Ingredients: Cane Sugar , Water, Corn Starch , Lemon Juice Concentrate , Xanthan Gum .
Fage Total 2%, Plain (7oz)	150	4	8	20	20%	No	Yes	Grade A Pasteurized Skimmed Milk and Cream, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).
Fage Total 2%, Flavored (5.3oz)	140-190	2.5	16-29	12	10%	No	Yes	Added Ingredients: Cane Sugar , Corn Starch , Xanthan Gum
Fage 0%, Plain (6oz)	100	0	7	18	20%	No	Yes	Grade A Pasteurized Skimmed Milk, Live Active Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei).
Fage 0%, Flavored (5.3oz)	120	0	16-17	13	15%	No	Yes	Added Ingredients: Cane Sugar , Corn Starch , Xanthan Gum
Voskos, Organic Plain (5.3oz)	90	0	5	15	15%	Yes	Yes	Grade A Pasteurized Organic Milk, Live and Active Probiotic Cultures
Voskos, Flavored (5.3oz)	120-130	0	13-17	12-13	15%	No	Yes	evaporated cane juice , corn starch , in strawberry flavor-- fruit juice concentrate , tapioca starch , citric acid , red cabbage
Voskos, Exotic Fig (5.3oz)	160	0	22	11	10%	No	Yes	grade A pasteurized skim milk, fruit juice concentrate, fig, tapioca starch , citric acid , live and active cultures
Stonyfield Organic Greek, Plain (5.3oz)	80	0	6	15	20%	Yes	Yes	Cultured pasteurized organic nonfat milk and Active Cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, and L. Casei
Stonyfield Organic Greek, Vanilla (5.3oz)	110	0	12	15	20%	Yes	Yes	Cultured pasteurized organic nonfat milk, organic sugar , organic vanilla extract



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Stonyfield Organic Greek Yogurt, Flavored (5.3oz)	110-140	0	15-22	13	20%	Yes	Yes	Added Ingredients: organic sugar , pectin , organic carob bean gum , carrageenan
Yoplait Greek 100, Vanilla (5.3oz)	100	0	7	13	15%	No	Yes	Cultured pasteurized grade A nonfat milk, water, sugar , contains 2% of less of: corn starch , natural flavor, lemon juice concentrate, sucralose , acesulfame potassium , vitamin A acetate, vitamin D3
Yoplait Greek 100 (5.3oz)	100	0	7-9	10-13	15%	No	Yes	Added Ingredients: Sugar , corn starch , sucralose , acesulfame potassium , vitamin A acetate
Yoplait Greek Blended, Vanilla (5.3oz)	140	0	18	11	10%	No	Yes	cultured pasteurized grade A nonfat milk, sugar . Contains less than 1% of modified corn starch , potassium sorbate , natural flavor, yogurt cultures (L. bulgaricus, S. thermophilus), vitamin A acetate, vitamin D3
Yoplait Greek Blended (5.3oz)	140-150	0	18-19	11	10%	No	Yes	Added Ingredients: sugar , modified corn starch , vitamin A acetate, sodium citrate , potassium sorbate
Dannon Activia Greek (5.3oz)	130-140	0	17-20	12-13	15%	No	No	Added Ingredients: sugar , modified corn starch , pectin , vegetable juice concentrate , carrageenan , lactic acid , calcium citrate , sodium citrate
Dannon Light & Fit Greek (5.3oz)	80	0	6-8	12	15%	No	No	Added Ingredients: fructose , modified corn starch , natural and artificial flavors , sucralose , carmine , citric acid , malic acid , potassium sorbate , acesulfame potassium , sodium citrate
Dannon Oikos, Plain (5.3oz)	80	0	6	15	15%	No	"gluten safe"	cultured grade A non-fat milk
Dannon Oikos, Vanilla (5.3oz)	120	0	18	12	15%	No	No	cultured grade A non-fat milk, water, sugar , fructose , modified corn starch , contains less than 1% of natural vanilla flavor, malic acid , potassium sorbate , sodium citrate , vitamin D3
Dannon Oikos, Fruit on the Bottom (5.3oz)	120-130	0	18-21	12	15%	No	No	Added Ingredients: sugar , fructose , modified corn starch , carrageenan , carmine , malic acid , guar gum , potassium sorbate , annatto extract , black carrot juice , sodium citrate , carob bean gum , calcium lactate
Dannon Oikos Traditional Greek Yogurt (5.3oz)	160	4.5	17-19	11	15%	No	No	Added Ingredients: sugar , pectin , carob bean gum , potassium sorbate , xanthan gum , lemon juice concentrate , annatto extract , black carrot juice , malic acid
Muller Greek Corner (5.3oz)	140-220	2-9	17-21	7-13	25%	No	No	Added Ingredients: sugar , milk protein concentrate , whey protein concentrate , corn starch , kosher gelatin , citric acid , locust bean gum , guar gum , pectin , sodium citrate , turmeric oleoresin , glucose syrup , carmine , calcium citrate
Yo Crunch Strawberry Greek Nonfat Yogurt with Post® Honey Bunches of Oats Granola Clusters (6oz) (just yogurt/with topping)	110/170	0/2	20/23	4/5	15%	No	No	Cultured pasteurized grade A nonfat milk, sugar , food starch - modified , strawberries, natural flavors, fruit & vegetable juice, potassium sorbate , vitamin A palmitate, vitamin D3. HONEY BUNCHES OF OATS GRANOLA CLUSTERS: Whole grain rolled oats, brown sugar , rice, whole grain wheat, high oleic vegetable oil , corn syrup , whey (from milk), sugar , honey , caramel color .
Yo Crunch Vanilla Greek Nonfat Yogurt with Post® Honey Bunches of Oats Granola Clusters (6oz) (just yogurt/with topping)	130/190	0.5/2	18/21	10/11	25%	No	No	Cultured pasteurized grade A nonfat milk, sugar , milk protein concentrate , whey protein concentrate , tapioca starch , maltodextrin , natural flavors, vitamin A palmitate, vitamin D3. HONEY BUNCHES OF OATS GRANOLA CLUSTERS: Whole grain rolled oats, brown sugar , rice, whole grain wheat, high oleic vegetable oil , corn syrup , whey (from milk), sugar , honey , caramel color .
Yo Crunch Yopa! Authentic Greek Yogurt (without toppings) (5.3oz)	100-110	0	13-15	11-12	15%	No	No	Added Ingredients: sugar , locust bean gum , pectin , fruit & vegetable juice