

# Swapping to Greek Yogurt

**Nothing beats the taste and versatility of dairy products.**

When used in your favorite recipes, they provide a winning combination of nutrition and flavor. And Greek yogurt, the latest “darling of the dairy case,” is no different. Using Greek yogurt in place of other ingredients in recipes can add a powerful punch of protein, along with a pop of tangy flavor. If you’re looking to cut fat and calories in recipes, consider going Greek!



**Check out the conversion chart and see what swapping to Greek yogurt can do.**

ORIGINAL INGREDIENT		SUBSTITUTION		NUTRITION*
1 cup <b>OIL</b>	>	3/4 cup <b>GREEK YOGURT</b>	> SAVES	1780 Calories   218 g Fat   +23 g Protein
1 cup <b>MAYO</b>	>	1 cup <b>GREEK YOGURT</b>	> SAVES	1360 Calories   165 g Fat   +21 g Protein
1 cup <b>CREAM CHEESE</b>	>	1 cup <b>GREEK YOGURT</b>	> SAVES	660 Calories   80 g Fat   +9 g Protein
1 cup <b>CRÉME FRAICHE</b>	>	1 cup <b>GREEK YOGURT</b>	> SAVES	745 Calories   88 g Fat   +19 g Protein
1 cup <b>SOUR CREAM</b>	>	1 cup <b>GREEK YOGURT</b>	> SAVES	310 Calories   45 g Fat   +18 g Protein
1 cup <b>BUTTER</b>	>	1/4 cup <b>GREEK YOGURT</b> & 1/2 cup <b>BUTTER</b>	> SAVES	785 Calories   92 g Fat   +5 g Protein

\*Nutrition information is based on substitution with non-fat Greek yogurt. Check package label for product-specific nutrient content, as this may vary.



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