



Swapping to Greek yogurt

Nothing beats the taste and versatility of dairy products.

When used in your favorite recipes, dairy products provide a winning combination of nutrition and flavor. And Greek yogurt, the latest “darling of the dairy case,” is no different. **Plain, non-fat Greek yogurt** is high in protein and lower in fat and overall calories, making it a great substitution for a variety of ingredients in recipes!

Check out the conversion chart and see what swapping to plain, non-fat Greek yogurt can do.

original ingredient		substitution		nutrition*
1 cup oil	>	3/4 cup greek yogurt	> saves	1780 calories 218 g fat +23 g protein
1 cup mayo	>	1 cup greek yogurt	> saves	1360 calories 165 g fat +21 g protein
1 cup cream cheese	>	1 cup greek yogurt	> saves	660 calories 80 g fat +9 g protein
1 cup crème fraiche	>	1 cup greek yogurt	> saves	745 calories 88 g fat +19 g protein
1 cup sour cream	>	1 cup greek yogurt	> saves	310 calories 45 g fat +18 g protein
1 cup butter	>	1/4 cup greek & 1/2 cup butter yogurt	> 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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