



CREME DE LA CREME

MOVE OVER, ICE CREAM! WE'LL TAKE
THESE YOGURTS ANYTIME.

T

he perfect healthy snack, yogurt trumps its sugar-loaded twin – ice cream – with its good balance of protein, carbs and fat. Yogurts with live, active cultures also contain probiotics to boost gut health and help with gastrointestinal conditions.

But if you thought Greek yogurt, strained to remove most liquid whey, lactose and sugar, was the healthiest of them all, we've got news for you: "Regular versions of Greek yogurt can be high in fat. Even the low-fat version isn't necessarily the healthiest," says Jaclyn Reutens, clinical dietitian at Aptima Nutrition & Sports Consultants. "Low-fat Greek-style yogurt, natural plain low-fat or non-fat fruit (flavoured) have roughly the same nutrition scores."

Don't head to the flavoured yogurts section just yet, though. We challenged ourselves to find the best-tasting yogurts that were less than 100 calories per 100g, and with absolutely no additives.

1 Pauls All Natural Yoghurt (\$3.05 for 200g)

Taste test 

Review This yummy yogurt is perfect as an extra dose of creaminess for overnight oats. Plus, it has the lowest calorie count of the lot!

2 Chobani Yogurt (\$4.05 for 170g)

Taste test 

Review With a whopping 9.7g protein per 100g serving, this tangy made-in-America yogurt trumps the rest in this aspect.

3 Fage Natural Fat Free Greek Yogurt (\$5.50 for 170g)

Taste test 

Review Possibly the best choice for weight watchers, this surprisingly flavoursome yogurt is fat-free and low on both calories and carbs.

4 Meiji Bulgaria (\$3.95 for a pack of two 110g)

Taste test 

Review Smooth with just the right amount of tart, this yogurt comes in individual tubs so you can resist the urge to overindulge.

5 Yoplait Yoplus Natural Yoghurt (\$7.95 for 1kg)

Taste test 

Review While the consistency is thinner than most, the full flavour more than makes up for it. We're not sure if it's due to the higher sugar content, but we dig that this ranks top on the calcium count and is the most value-for-money option.

6 Farmers Union Natural Pot Set Yogurt (\$2.75 for 200g)

Taste test 

Review This brand's Greek-style yogurts might be easier to find in stores, but give this all-natural one a chance. It has no additives.

7 Mundelia Yoghurt (\$6.15 for 500g)

Taste test 

Review We loved the thick, smooth consistency. Yummy as a spread on toast with fruits for a great breakfast treat.

8 Fiveam Organic Yoghurt (\$12.95 for 700g)

Taste test 

Review Love at first lick! Absolutely smooth and creamy – making it good enough to eat on its own or be blended into a smoothie. It had the highest fat count, which was a bit of a bummer, but that's still less than others with additives in the mix.

**TEAM
SHAPE
FAVE!**

9 Danone Activia Pure Natural Greek Style Yoghurt (\$15.45 for 900g)

Taste test 

Review We really like the smooth texture. Plus, it's not too tart. Other than the usual probiotics, this also has the BL Regularis active culture, which helps those with (ahem) constipation.

All products available at Cold Storage. Read more about each at www.bit.ly/best-yogurt-singapore.

