

Hot Tubs

Best Bites (✓✓) have no added sugar, no unsafe or poorly tested low-calorie sweeteners, no more than 140 calories and 2 grams of saturated fat (2.5 grams in 7 oz. yogurts), and at least 6 grams of protein and 10 percent of a day's calcium. **Honorable Mentions** (✓) have the same criteria, but can have added sugar. Products are ranked from least to most calories, then least to most saturated fat, most to least protein, and most to least calcium.

Plain (5-6 oz., unless noted)

	Calories	Sat Fat (g)	Protein (g)	Calcium (% DV)	Total Sugars (tsp.)
✓✓ Stonyfield Organic 0%	70	0	7	25	2
✓✓ Chobani Greek 0%	80	0	15	15	1
✓✓ Dannon Oikos Greek 0%	80	0	15	15	1.5
✓✓ Fage Total 0%	90	0	18	20	1
✓✓ Elli Quark 0%	90	0	17	20	1.5
✓✓ Siggi's 0%	90	0	16	15	1
✓✓ Wallaby Organic Aussie Greek 0%	100	0	17	20	1
✓✓ Dannon Lowfat	100	1.5	7	25	2.5
✓✓ YQ by Yoplait	110	2	17	15	0
Brown Cow Cream Top Whole Milk	110	3.5	6	20	2
✓✓ Icelandic Provisions Skyr	120	1	17	20	1
Stonyfield Organic 100% Grassfed	120	4	5	20	1.5
✓✓ Wallaby Organic Aussie Greek 1.5%	130	2	16	20	1
Stonyfield Organic Greek Whole Milk	130	3	14	15	1
✓✓ Fage Total 2% (7 oz.)	140	2.5	20	25	1.5
Fage Total 5% (7 oz.)	190	7	18	25	1.5

Flavored (5-6 oz., unless noted)

	Calories	Sat Fat (g)	Protein (g)	Calcium (% DV)	Total Sugars (tsp.)
Dannon Light & Fit Original ^{1,5}	70	0	5	15	2
✓✓ Elli Quark 0% ¹	80	0	14	20	1.5
Dannon Light & Fit Greek ^{1,5}	80	0	12	15	1.5
Dannon Light & Fit Zero Artificial Sweeteners ¹	80	0	5	15	2.5
✓ Dannon Light & Fit Greek Zero Artificial Sweeteners ¹	90	0	13	15	2
Activia Fruit on the Bottom (4 oz.) ¹	90	1	4	15	3
Yoplait Greek 100 Protein ^{1,5}	100	0	14	15	1.5
✓ Fage Total 0% split cup—except Honey ¹	100	0	13	15	2.5
✓ Stonyfield Organic Greek 0% ¹	100	0	13	15	2.5
✓ Stonyfield Organic 0% ¹	100	0	7	25	3
✓ Siggi's 0% ¹	110	0	15	15	2.5
✓ Chobani Greek Blended 0% Vanilla	110	0	13	15	3
✓ Dannon Oikos Greek 0% ¹	110	0	12	15	3.5
✓ Stonyfield Organic Lowfat ¹	110	1	6	20	3.5
✓✓ Dannon Oikos Greek Triple Zero ¹	120	0	15	15	1.5
✓ Wallaby Organic Aussie Greek 0% ¹	120	0	12	15	4
✓ Chobani Smooth ¹	120	1	11	15	3.5
✓ Chobani Greek A hint of ¹	120	1.5	12	15	2
✓ Fage Total 2% split cup—except Honey ¹	120	1.5	12	15	2.5
Siggi's No Added Sugar (4.4 oz.) ¹	120	2.5	11	10	1
✓ Activia Greek—except Blueberry ¹	130	0	12	15	4.5
✓ Icelandic Provisions Skyr—except Coconut ¹	130	1	15	15	2.5
✓ Chobani Fruit on the Bottom ¹	130	1	12	15	3.5
Dannon Fruit on the Bottom ¹	130	1	5	20	5
✓ YQ by Yoplait ¹	130	1.5	15	10	2
Siggi's 4% (4.4 oz.) ¹	130	3	12	10	2
✓ Siggi's 2%—except Coconut ¹	140	1.5	15	15	2.5
✓ Chobani Greek Blended 2%—except Coconut ¹	140	1.5	12	15	3.5
✓ Wallaby Organic Aussie Greek 1.5%—except Honey ¹	140	1.5	12	15	3.5
✓ Dannon Lowfat—Coffee or Vanilla	140	1.5	7	25	5
✓ Wallaby Organic Aussie Smooth 1.5%—except Vanilla Bean ¹	140	1.5	7	20	4.5
Icelandic Provisions Skyr Coconut	140	3	15	15	2.5
Activia Greek Blueberry	150	0	12	15	4
Yoplait—Lactose Free or Original ¹	150	1	6	20	4.5
Wallaby Organic Aussie Smooth 1.5% Vanilla Bean	150	1.5	7	20	5
Brown Cow Cream Top Whole Milk ¹	150	3	4	15	5
Chobani Blended 2% Coconut	150	3.5	12	15	3
Fage Total 5% split cup—except Honey ¹	150	4.5	11	15	2.5
Dannon Oikos Greek Traditional ¹	160	2.5	11	15	4
Oui by Yoplait ¹	160	4.5	5	15	3.5
Fage Total 0% split cup Honey	170	0	13	15	7
Siggi's 2% Coconut	170	5	15	15	2.5
Siggi's Triple Cream (4 oz.) ¹	170	6	9	10	2
Fage Total 2% split cup Honey	190	1.5	12	15	7
Wallaby Organic Aussie Greek 1.5% Honey	190	1.5	12	15	6.5
Fage Total 5% split cup Honey	210	4.5	11	15	7
Liberté ¹	210	7	4	10	4.5
Noosa (8 oz.) ¹	280	7	12	40	7.5

Flavored with Mix-Ins (5-6 oz.)

	Calories	Sat Fat (g)	Protein (g)	Calcium (% DV)	Total Sugars (tsp.)
Dannon Light & Fit Greek Crunch ^{1,5}	130	1.5	11	15	2.5
Dannon Oikos Protein Greek Crunch ¹	160	0.5	17	15	2
Dannon Oikos Greek Crunch ¹	170	1	12	15	4.5
Yoplait Mix-Ins ¹	190	2	7	20	5
Chobani Flip ¹	190	2.5	12	15	4
Siggi's Simple Sides ¹	210	5	15	15	2.5
Noosa Mates ¹	250	6	9	25	5.5

Non-Dairy (5-6 oz., unless noted)

	Calories	Sat Fat (g)	Protein (g)	Calcium (% DV)	Total Sugars (tsp.)
✓ Stonyfield Organic Soy Vanilla	130	0	6	10	4.5
Forager Organic Cashewgurt ¹	130	1	2	2	2.5
Forager Coconut Cashewgurt (4 oz.) ¹	130	5	2	0	1.5
✓ Silk Soy ¹	140	0	6	20	4
✓ Stonyfield Organic Soy Strawberry	140	0	6	10	5
✓ Ripple Greek Original	140	0.5	12	10	1.5
Almond Dream ¹	150	0	1	20	4
Ripple Greek—except Original ¹	180	0.5	12	10	3.5
Silk Almondmilk ¹	190	1	5	10	3.5
Kite Hill Greek-Style ¹	200	1	10	8	2.5
Co Yo Organic ¹	350	31	3	0	1.5

✓✓ Best Bite. ✓ Honorable Mention. ¹ Average of the entire line or of the varieties listed. ⁵ Contains acesulfame potassium and sucralose. Note: To convert teaspoons of sugar to grams, multiply by 4.2.

Protein Target: 75 grams. **Daily Values (DVs): Saturated Fat:** 20 grams. **Calcium:** 1,000 milligrams. **Added Sugars:** 50 grams (12 teaspoons).

Note: % DVs for calcium are based on the old Nutrition Facts label, which is still on most foods. The new label has a higher DV (1,300 mg).

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