

SAMPLE OF YOGURTS THAT MEET SNP GUIDELINES

Yogurt Requirements: Plain yogurt with less than or equal to 2% milk fat (M.F.) Flavoured/sweetened yogurt with less than or equal to 11 grams of sugar per 100 gram serving and less than or equal to 2% milk fat (M.F). Foods with sugar substitutes or sweeteners are not on the “do not serve” list. No drinkable yogurts.

Note: All plain yogurts with 2% milk fat (M.F) meet nutrition guidelines. The items below are a sample of flavoured yogurt products available that meet the nutrition guidelines.



iögo 25% Less Sugar
 0% M.F. 8g sugar/100g serving



Danone Creamy
 1.5% M.F. 10g sugar/100g serving



iögo Creamy
 1.5% M.F. 11g sugar/100g serving
Note: iögo Creamy Vanilla Tub yogurt exceeds sugar limit.



Astro Smooth'n Fruity
 1% M.F. 11g sugar/100g serving

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Great Value Stirred Yogurt 0% or 1%
 0-1% M.F. 9-11g sugar/100g serving



PC Greek Yogurt 0%
 0% M.F. 9-11g sugar/100g serving



PC Greek Yogurt 2%
 2% M.F. 9-10g sugar/100g serving



Oikos Greek Yogurt 0% or 2%
 0-2% M.F. 9-10g sugar/100g serving



Oikos High Protein Greek Yogurt 0%
 0% M.F. 12-13g sugar/125g serving



Oikos 30% Less Sugar 0%
 0% M.F. 7g sugar/100g serving

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Light and Free
 1.5% M.F. 4g sugar/95g serving



PC Skyr Icelandic Style Yogurt
 0% M.F. 7g sugar/100g serving
Note: Check % M.F. Some varieties exceed 2% milk fat limit.



Liberte Greek 0% Strawberry, Lactose Free Strawberry Rhubarb, Vanilla Flavours
 0% M.F. 9-11g sugar/95g serving
Note: Other flavours may exceed sugar criteria.



Liberte Greek 2% Vanilla, Coconut Flavours
 2% M.F. 11g sugar/100g serving



Irresistible Greek 2% or Skyr 2%
 2% M.F. 7-9g sugar/100g serving



Our Finest 0% Greek, 2% Greek, 2% Skyr
 0-2% M.F. 7-9g sugar/100g serving



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iögo Nano Yogurt Tubes
 1.9% M.F. 6g sugar/60g serving



Yoplait Tubes
 2% M.F. 5g sugar/60g serving