

# HFG guide to yoghurt

Nutritionist **Rose Carr** gives us advice on how to select a healthier yoghurt.

## Your checklist

Use these criteria to help you choose a filling, low-energy yoghurt snack

- ✓ **Good:** Less than 2g total saturated fat per pottle
- ✓ ✓ **Even better:** Less than 2g total fat per pottle
- ✓ More than 250mg calcium per pottle

## Healthy Food Guide picks:

**Anlene Low Fat Apricot Yoghurt**  
4 x 150g pottles  
\$1.35 per pottle



Per pottle: 520kJ, 1.3g fat, 0.9g sat fat, 18.4g sugars, 400mg calcium



A bit tarter than the other varieties of yoghurt on offer. Yum.

**Yoplait Elivae Fig & Honey**  
4 x 150g pottles  
\$1.25 per pottle



Per pottle: 540kJ, 2.8g fat, 1.9g sat fat, 14.7g sugars, 213mg calcium



A creamy, smooth texture which has a range of delicious flavours. A favourite.

**Meadowfresh Custard Trio**  
99% fat free  
6 x 125g pottles  
\$1.00 per pottle



Per pottle: 490kJ, 1.3g fat, 0.8g sat fat, 19.3g sugars, 200mg calcium



Flavours in this six-pack are banana custard, apricot custard and apple & cinnamon. Creamy and truly custardy.

**Anchor Symbio Mixed Berry**  
4 x 150g pottles  
\$1.25 per pottle



Per pottle: 489kJ, 0.5g fat, 0.3g sat fat, 19.7g sugars, 318mg calcium



A smooth texture with nice berry flavour.

**Fresh'n Fruity Passionfruit Paradise**  
6 x 150g pottles  
\$1.06 per pottle



Per pottle: 607kJ, 1.9g fat, 1.3g sat fat, 23.7g sugars, 320mg calcium



Passionfruit-lovers will love this selection which includes mango and passionfruit, and peach and passionfruit combinations.

**Yoplait Custard Craze**  
6 x 150g pottles  
\$0.88 per pottle



Per pottle: 563kJ, 1.5g fat, 0.8g sat fat, 16.0g sugars, 259mg calcium



The strawberry, vanilla and apricot flavours are light in texture but there is lots of fruit. Could easily replace custard for dessert, too. **hfg**