

How to choose... YOGHURT

Per 150g (sorted by Energy content)

LOOK FOR:

- 600kJ
- 2g fat
- High calcium
- Probiotic

Product	Size	Price	Price per 150g	Energy kJ	Calcium mg	Fat g	-sat g	-sugars g	Notes	Tasting notes
 Weight Watchers Apricot low fat	500g	\$3.35	\$1.01	326	263	0.3	0.1	10.1	99.9% fat free	Creamy with nice mild apricot flavour
 Bio Farm Organic Acidophilus yoghurt	1L	\$5.35	\$0.80	326	n/s	0.3	0.2	10.1	The only ingredients are milk and active cultures; holistic farming practices	Thinner consistency with natural tart flavour.
 Yoplait Diet-Lite Vanilla crème	2 x 150g	\$1.54	\$0.77	331	262	0.2	0.1	5.5	99.9% fat free; no added sugar (contains sweetener)	Smooth texture; creamy flavour; would be nice with fruit or cake
 Anchor Symbio Wildberry low fat	4 x 150g	\$4.56	\$1.14	489	320	0.5	0.3	19.7	99% fat free; with active cultures	Thinner consistency; real berries without chunks
 Anlene Low fat strawberry	450g	\$3.75	\$1.25	531	400	1.3	0.9	19.1	Provides essential nutrients for bone health, helps absorption and locks them in	Full strawberry flavour; not too sweet
 Yoplait Elivae Rhubarb & apple	4 x 150g	\$4.99	\$1.25	540	227	2.9	1.8	17.1	With probiotics and prebiotics that feed the good bacteria	Smooth creamy texture with delicate flavour
 Activate Boysenberry, Blueberry & Cranberry	500g	\$3.69	\$1.11	630	320	1.8	1.4	24.8	With probiotics, added vitamins and minerals and prebiotics to feed the good bacteria	Nice and fruity; real berry flavour
 Cyclops Organic low fat Greek	250g	\$4.39	\$2.63	630	320	1.8	1.4	24.8	The only ingredients are organic skim milk concentrate, cream and cultures.	Very thick and creamy with the distinctive tartness – you wouldn't believe it was low fat.
 Meadow Fresh Custard trio	6 x 125g	\$4.99	\$1.00	630	240	1.5	1.05	25.7	99% fat free	(We tried banana custard.) This would make a nice dessert!

Purchased from New World, Auckland October 2007 n/s = not stated