



# CONFUSED ABOUT YOGURTS?

It is recommended for all adults to take 3 servings of low fat dairy products per day.  
 A 125g carton of low fat yogurt will count as one of these servings. Yogurt is a source of calcium which is important for healthy bones.

There is a very large range of yogurts available. In order to reduce fat intake, choose **LOW FAT** or **0 FAT** yogurts. However many low fat products may be higher in sugar. Therefore it is important to read the label when choosing your yogurt.

- Low Calorie / Diet = Less than 40 calories in 100g
- Low Fat = Less than 3g fat in 100g
- Low Sugar = Less than 5g sugar in 100g

Check how much fat, sugar and salt is in your food

Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it. ● ● ●

	Sugars	Fat	Saturates	Salt
What is <b>HIGH</b> per 100g	over 15g	over 20g	over 5g	over 1.5g
What is <b>MEDIUM</b> per 100g	5g to 15g	3g to 20g	1.5g to 5g	0.3g to 1.5g
What is <b>LOW</b> per 100g	5g and below	3g and below	1.5g and below	0.3g and below

This leaflet contains a list of yogurts that are low in fat with low or medium sugar content.

## BRANDED PRODUCTS

### IRISH YOGURTS DIET STRAWBERRY YOGURT 125g pot



Kcal	Fat	Sugars
62.5	0.3g	7.6g

Available at:



Nutritional Info per pot

### DANONE ACTIVIA FOREST FRUITS 0% 125g pot



73	0.2g	10.5g
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Available at:



Nutritional Info per pot

Kcal	Fat	Sugars

### DANONE VITALINEA 125g pot



Nutritional Info per pot

Kcal	Fat	Sugars
50	0.1g	6.3g

Available at:



### WEIGHTWATCHERS FRUIT YOGURTS 120g pot



54	0.1g	6.6g
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Available at:



Nutritional Info per pot

Kcal	Fat	Sugars
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## SUPERMARKET PRODUCTS

### FRESH MEADOW ORGANIC YOGURT NATURAL 150g pot



109	5.3g	7.1g
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Available at:



Nutritional Info per pot

Kcal	Fat	Sugars
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### TESCO FAT FREE YOGURTS 500g pot



Nutritional Info per 125g

Kcal	Fat	Sugars
68.8	0.3g	8.1g

Available at:



### DUNNES FAT FREE FRUIT YOGURT 125g pot



Nutritional Info per pot

Kcal	Fat	Sugars
54	0.5	8.8

Available at:

**DUNNES STORES**

**DUNEEN ACTIVE FAT FREE FRUIT YOGURT 125g pot**



Nutritional Info per pot

Kcal	Fat	Sugars
68	0.4	7.1



Available at:

**DUNEEN FRUITY YOGURT 125g pot**



62	0.3	5.9
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Available at:



Nutritional Info per pot

Kcal	Fat	Sugars

**MARKS & SPENCERS 'COUNT ON US' RHUBARB 160g**



Nutritional Info per pot

75	0.5	8.0
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Available at:



Kcal	Fat	Sugars

**MARKS & SPENCERS 'COUNT ON US' Fromage Frais 500**

Nutritional Info per 125g



Kcal	Fat	Sugars
56	0.3	4.0

Available at:

YOUR M&S

## SUPERVALU 0% YOGURT STRAWBERRY 125G pot



Nutritional Info per 125g

Kcal	Fat	Sugars
65	0.1	7.8

Available at:

**SuperValu**  
Real Food, Real People