

Situation Statement

Emily has made a decision to start eating healthier before school starts in August. She thinks yogurt is a good choice to begin her new eating habits with. Emily wants live and active cultures and a good source of protein in the yogurt she eats, but she must stay within her budget. Which is the best choice for Emily?

#1

Oikos

Fruit on the Bottom Yogurt



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 Container (150g)		Total Fat 0g	0%	Potassium 160mg	5%
Calories 130		Saturated Fat 0g	0%	Total Carbohydrate 20g	7%
Calories from Fat 0		Trans Fat 0g		Dietary Fiber 0g	0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholesterol 5mg	2%	Sugars 19g	
		Sodium 50mg	2%	Protein 12g	24%
		Vit A 0% • Vit C 0% • Calcium 15% • Iron 0% • Vit D 15%			

INGREDIENTS: CULTURED GRADE A NON FAT MILK, BLUEBERRIES, WATER, SUGAR, FRUCTOSE, CONTAINS LESS THAN 1% OF MODIFIED CORN STARCH, NATURAL FLAVOR, CARRAGEENAN, CARMINE (FOR COLOR), MALIC ACID, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), SODIUM CITRATE, VITAMIN D₃.

CONTAINS ACTIVE YOGURT CULTURES.

\$1.29

#2

Yoplait Light



Nutrition Facts

Serving Size 1 container

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol < 5mg 1%

Sodium 80mg 3%

Total Carbohydrate 16g 5%

Sugars 10g

Protein 5g 10%

Vitamin A 15% • Calcium 20%

Vitamin D 20% • Phosphorus 10%

Not a significant source of dietary fiber, vitamin C and iron.

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Cultured Pasteurized Grade A Nonfat Milk, Raspberries, Modified Corn Starch, Sugar, Kosher Gelatin, Citric Acid, Natural Flavor, Tricalcium Phosphate, Aspartame*, Potassium Sorbate Added to Maintain Freshness, Acesulfame Potassium, Red #40, Vitamin A Acetate, Vitamin D₃.

DIST. BY YOPLAIT USA, INC., BOX 200 YC, MPLS, MN 55440 USA

***PHENYLKETONURICS: CONTAINS PHENYLALANINE**

WITH ACTIVE YOGURT CULTURES INCLUDING L. ACIDOPHILUS

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**Meets National Yogurt Association Criteria for Live and Active Culture Yogurt

YOPLAIT LIGHT: 90 CALORIES; 0g FAT. LEADING LOW FAT YOGURT: 170 CALORIES; 2g FAT PER 6 OZ

.60

#3

Chobani Greek Vanilla



QUESTIONS OR COMMENTS? CALL 1-877-847-6181

www.chobani.com

35-8216

Nutrition Facts	Amount Per Serving	%Daily Value*	Amount Per Serving	%Daily Value*
	Total Fat 0g	0%	Total Carbohydrate 13g	4%
Serving Size: 6oz (170g)	Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Servings Per Container 1	Trans Fat 0g		Sugars 13g	
Calories 120	Cholesterol 0mg	0%	Protein 16g	36%
Calories from Fat 0	Sodium 75mg	3%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0% • Vitamin C 0% • Calcium 20% • Iron 0%			

KEEP REFRIGERATED

INGREDIENTS: CULTURED PASTEURIZED NONFAT MILK, EVAPORATED CANE JUICE, NATURAL VANILLA FLAVOR, LOCUST BEAN GUM, PECTIN. LIVE AND ACTIVE CULTURES: S. THERMOPHILUS, L. GARICUS, L. ACIDOPHILUS, BIFIDUS AND L. CASEI.

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\$1.00

#4

Activia Low Fat



Nutrition Facts

Serving Size 1 container (113g)
Servings Per Package 4

Amount Per Serving

Calories 120 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 65mg 3%

Potassium 160mg 5%

Total Carbohydrate 22g 7%

Sugars 19g

Protein 4g 8%

Calcium 15% • Vitamin D 10%

Not a significant source of Dietary Fiber,
Vitamin A, Vitamin C and Iron.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, STRAWBERRY, SUGAR, FRUCTOSE, WATER, MODIFIED FOOD STARCH, CONTAINS LESS THAN 1% OF MILK PROTEIN CONCENTRATE, MODIFIED CORN STARCH, KOSHER GELATIN, NATURAL FLAVOR, AGAR AGAR, CARRAGEENAN, CARAMEL (FOR COLOR), SODIUM CITRATE, CALCIUM LACTATE, LACTIC ACID, XANTHAN GUM, VITAMIN D₃.

CONTAINS THE ACTIVE CULTURES *L. BULGARICUS*, *S. THERMOPHILUS* AND *BIFIDOBACTERIUM LACTIS DN 173-010* (BIFIDUS REGULARIS®)
MANUFACTURED IN A PLANT PROCESSING WHEAT

4 for \$3.09

Official Placing Yogurt Class

Placing 3-2-4-1
Cuts 2-3-3

	#1 Oikos Fruit on the Bottom	#2 Yoplait Light	#3 Chobani Greek Vanilla	#4 Activia Low Fat
Protein	12 g	5 g	14 g	4 g
Live & Active Cultures	Yes	Yes	Yes	Yes
Cost	\$1.29	.60	\$1.00	4 for \$3.09

Yogurt Class Questions

1. Which yogurt has the most protein?
2. Which yogurt contains fats?
3. Which yogurt has the fewest calories per serving?
4. Which yogurt cost the least per serving?
5. Which one does not have fruit?

Yogurt Class Answers

1. Which yogurt has the most protein? #1
2. Which yogurt contains fats? #4
3. Which yogurt has the fewest calories per serving? #3
4. Which yogurt cost the least per serving? #2
5. Which one does not have fruit? #3