



Protein & Hydration Considerations

(Issue 1- Yogurt)

Did you know that regular yogurt often has a lot of additives and hidden sugar—especially the flavored ones—but plain Greek yogurt can have up to almost 20 grams of protein per serving? Look for varieties with little to no sugar and read labels.

Practical Protein Ideas

- Compare yogurt labels between regular, Greek, Icelandic, probiotic, soy, coconut milk, etc. It is fascinating how the protein content varies.
- Buy a few different types and brands and do a taste test; the taste varies widely.
- Substitute unflavored Greek yogurt for half or all of the mayo or sour cream in a recipe.
- Top baked potato with unflavored Greek yogurt
- Make a parfait with your favorite seasonal fruit, add nuts and seeds for even more protein, and layer with granola, cereal, or crushed-up cereal bar.
- Icelandic yogurt has a texture similar to ice cream, top with fruit, nuts, or seeds and add a drizzle of your favorite topping if you like.
- Use vanilla Greek yogurt on top of a salad instead of dressing. Sprinkle with nuts, seeds, fruit, and cinnamon.
- Make a smoothie with yogurt. Most companies have recipes on their website.

Hydration Pairing Suggestions

- Ice water or iced tea with sliced fruit, cucumber, or ginger root.



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