Yogurt Buying Guide: Unsweetened Yogurt

A few of our favorites:

Highest in protein:
- Siggi’s Plain Whole Milk - 25 g/cup
- Chobani Original Plain Whole Milk - 20 g/cup
- Fage Total - 20 g/cup
- Capretta Greek Goat Yogurt (Plain) - 22 g/cup
- Kite Hill Almond Milk Greek-style - 12 g/cup (highest non-dairy option)

Best options for kids who need more calories:
- Trader Joe’s Greek Whole Milk Plain - 280 calories/cup
- Straus Greek Organic Whole Milk - 253 calories/cup
- Karoun Plain - 250 calories/cup
- GT’s Cocoyo - 220 calories/cup (highest non-dairy option, little protein)

Flavoring Plain Yogurt:
- Cut up or pureed fruit
- Nut or seed butter
- Coconut flakes
- Vanilla or almond extract
- Cocoa powder
- Sweetener