

The GREEK YOGURT Swap

Nothing beats the taste and versatility of dairy products. When used in your favorite recipes, they provide a winning combination of nutrition and flavor. And Greek yogurt, the latest “darling of the dairy case,” is no different. Using Greek yogurt in place of other ingredients in recipes can add a powerful punch of protein, along with a pop of tangy flavor. If you’re looking to cut fat and calories in recipes, consider going Greek!



Check out the conversion chart and see what making the Greek yogurt swap can do.

ORIGINAL INGREDIENT	SUBSTITUTION	NUTRITION*
1 CUP OIL	3/4 CUP GREEK YOGURT	Saves 1780 Calories 218 g Fat +23 g Protein
1 CUP MAYO	1 CUP GREEK YOGURT	Saves 1360 Calories 165 g Fat +21 g Protein
1 CUP CREAM CHEESE	1 CUP GREEK YOGURT	Saves 660 Calories 80 g Fat +9 g Protein
1 CUP CRÉME FRAICHE	1 CUP GREEK YOGURT	Saves 745 Calories 88 g Fat +19 g Protein
1 CUP SOUR CREAM	1 CUP GREEK YOGURT	Saves 310 Calories 45 g Fat +18 g Protein
1 CUP BUTTER	1/4 CUP GREEK YOGURT + 1/2 CUP BUTTER	Saves 785 Calories 92 g Fat +5 g Protein

*Nutrition information is based on substitution with non-fat Greek yogurt. Check package label for product-specific nutrient content, as this may vary.

For more information on the role and necessity of dairy foods in a healthful diet, visit us at www.stldairyCouncil.org

