|  |  |
| --- | --- |
| Food: | Pot Yogurt |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Onken Fat Free Natural Biopot | 1000 | 58.5 | 0.15 | 6.3 | 2.00 |
| Weight Watchers Summer Fruit | 440 | 67.5 | 0.075 | 8.85 | 1.00 |
| Light & Free Fat Free Greek Style Peach Passionfruit | 460 | 67.5 | 0.075 | 9.45 | 1.50 |
| Morrisons Fat Free Greek Style | 500 | 70.5 | 0.15 | 8.1 | 0.80 |
| Morrisons Fat Free Natural | 500 | 70.5 | 0.15 | 9.6 | 0.80 |
| Lancashire Farm Low Fat Natural | 1000 | 72 | 0.075 | 10.95 | 1.50 |
| Sainsbury's Fat Free Natural | 500 | 72 | 0.3 | 9.6 | 0.80 |
| Light & Free Fat Free Greek Style Lemon | 460 | 73.5 | 0.075 | 10.65 | 1.50 |
| Alpro Natural | 500 | 75 | 0.6 | 3.15 | 1.50 |
| Alpro Soya simply plain plant-based alternative to yogurt | 500 | 75 | 0.6 | 3.15 | 1.50 |
| essential Waitrose fat free natural | 500 | 75 | 0.15 | 9.6 | 0.95 |
| Light & Free Fat Free Greek Style Strawberry | 460 | 75 | 0.075 | 10.2 | 1.50 |
| Onken Light & Fruity Passionfruit | 450 | 76.5 | 0 | 9.45 | 1.40 |
| Light & Free Fat Free Greek Style Cherry | 460 | 76.5 | 0.075 | 11.55 | 1.50 |
| Rumi Turkish Yogurt | 1000 | 78 | 3.6 | 6.45 | 1.15 |
| Light & Free Fat Free Greek Style Raspberry | 460 | 79.5 | 0.075 | 11.7 | 1.50 |
| Light & Free Greek Style Fat Free Vanilla Vibe | 460 | 79.5 | 0.075 | 10.65 | 1.50 |
| Fage Total Fat Free Greek Recipe Natural | 500 | 81 | 13.5 | 4.5 | 2.75 |
| Alpro Almond | 500 | 81 | 0.6 | 3.45 | 1.50 |
| Sainsbury's Greek Style Fat Free Natural | 500 | 81 | 0.45 | 7.8 | 0.90 |
| essential Waitrose fat free Greek style natural | 500 | 81 | 0.075 | 7.2 | 1.05 |
| Total 0% fat free Greek strained | 500 | 81 | 0 | 4.5 | 2.75 |
| ASDA Greek Style Fat Free | 500 | 82.5 | 0.45 | 7.95 | 0.90 |
| Alpro Coconut | 500 | 82.5 | 1.65 | 3.45 | 1.50 |
| Light & Free Fat Free Greek Style Coconut | 460 | 82.5 | 0.6 | 10.8 | 1.50 |
| ASDA Fat Free Cherry | 450 | 84 | 0.075 | 12.15 | 0.92 |
| ASDA Fat Free Rhubarb & Vanilla | 450 | 84 | 0.075 | 12 | 0.92 |
| Muller Light Greek Style Skinny Latte Flavour | 450 | 87 | 0.15 | 11.25 | 1.40 |
| M savers Low Fat Natural | 500 | 87 | 1.65 | 8.4 | 0.45 |
| Sainsbury's Low Fat Natural Yogurt, SO Organic | 500 | 88.5 | 1.2 | 9.75 | 1.50 |
| Muller Light Greek Style Luscious Lemon | 450 | 90 | 0.15 | 11.25 | 1.40 |
| Muller Light Greek Style Raspberry | 450 | 90 | 0.15 | 11.25 | 1.40 |
| Sainsbury's Low Fat Natural | 500 | 90 | 1.65 | 9.6 | 0.50 |
| essential Waitrose low fat natural | 500 | 91.5 | 1.35 | 10.2 | 0.95 |
| Muller Light Greek Style Strawberry | 450 | 93 | 0.15 | 11.7 | 1.40 |
| ASDA Fat Free Greek | 500 | 93 | 0.3 | 8.25 | 1.60 |
| Sainsbury's Low Fat Natural | 500 | 93 | 1.2 | 10.65 | 0.80 |
| Muller Light Greek Style Coconut with a Hint of Vanilla | 450 | 94.5 | 0.6 | 11.25 | 1.40 |
| Waitrose 1 Greek natural fat free strained | 500 | 97.5 | 0 | 8.25 | 1.89 |
| Morrisons The Best Greek Yogurt 0% Fat | 500 | 99 | 0.3 | 9 | 1.75 |
| Total 0% fat free Greek yoghurt with strawberry | 170 | 100.5 | 0 | 12.6 | 1.10 |
| Total 0% fat free Greek yoghurt with blueberry | 170 | 100.5 | 0 | 12.6 | 1.10 |
| Fage Total 0% Fat with Peach | 170 | 100.5 | 0 | 12.75 | 1.00 |
| Morrisons Low Fat Greek Style | 500 | 102 | 2.55 | 7.65 | 0.80 |
| Morrisons Natural | 500 | 102 | 2.85 | 7.65 | 0.80 |
| Arla Skyr Honey | 450 | 105 | 0.075 | 10.65 | 1.40 |
| Total 2% low fat Greek strained | 500 | 105 | 1.95 | 4.5 | 2.75 |
| Benecol Greek Style Big Pot | 450 | 106.5 | 1.5 | 6 | 2.75 |
| Arla Skyr Strawberry | 450 | 109.5 | 0.15 | 11.1 | 1.40 |
| Arla Skyr Vanilla | 450 | 111 | 0.3 | 12.45 | 1.40 |
| Yeo Valley Fat Free Greek Style Honey | 450 | 111 | 0 | 16.95 | 1.40 |
| Onken Fat Free Strawberry | 450 | 112.5 | 0 | 19.5 | 1.40 |
| Onken Fat Free Vanilla | 450 | 112.5 | 0 | 21 | 1.40 |
| Alpro Vanilla | 500 | 112.5 | 0.6 | 14.25 | 1.50 |
| Alpro Yogurt Alternative Cherry | 500 | 112.5 | 0.6 | 14.1 | 1.50 |
| Sainsbury's Greek Style Low Fat Natural | 500 | 112.5 | 2.55 | 10.65 | 0.90 |
| ASDA Low Fat Vanilla | 450 | 115.5 | 1.05 | 18 | 0.92 |
| essential Waitrose low fat Greek style natural | 500 | 115.5 | 2.85 | 10.5 | 1.05 |
| Onken Fat Free Blueberry & Elderberry | 450 | 118.5 | 0 | 21 | 1.40 |
| Glenilen Farm Raspberry | 140 | 118.5 | 2.85 | 11.55 | 0.99 |
| Glenilen Farm Rhubarb | 140 | 118.5 | 2.85 | 12.3 | 0.99 |
| Yeo Valley Fat Free Vanilla | 450 | 121.5 | 0 | 21.15 | 1.40 |
| Yeo Valley 0% Fat Vanilla | 450 | 121.5 | 0 | 21.15 | 1.50 |
| Glenilen Farm Strawberry | 140 | 121.5 | 2.85 | 12.6 | 0.99 |
| Onken Fat Free Apple & Mango | 450 | 123 | 0 | 22.5 | 1.40 |
| Lancashire Farm Mango | 450 | 123 | 0.9 | 23.25 | 1.00 |
| Glenilen Farm Mango & Passionfruit | 140 | 123 | 2.85 | 12.75 | 0.99 |
| ASDA Low Fat Strawberry | 450 | 124.5 | 1.35 | 18 | 0.89 |
| Ski Smooth Strawberry & Raspberry | 480 | 124.5 | 2.7 | 17.4 | 1.00 |
| Liberte Greek Style Strawberry | 450 | 126 | 0.015 | 18 | 2.00 |
| Liberte Greek Style Blueberry | 450 | 126 | 0.015 | 17.7 | 2.00 |
| Liberte Greek Style Strawberry 0% Fat | 450 | 126 | 0.075 | 18 | 2.00 |
| ASDA Strawberry Split | 150 | 133.5 | 2.4 | 21 | 0.35 |
| Waitrose deliciously fruity raspberry low fat | 150 | 133.5 | 1.95 | 19.65 | 0.54 |
| ASDA Cherry Split | 150 | 136.5 | 2.55 | 21 | 0.35 |
| Fage Total Greek Natural | 500 | 139.5 | 5.4 | 4.5 | 2.75 |
| Total Greek strained natural | 500 | 139.5 | 5.4 | 4.5 | 2.75 |
| Onken Raspberry | 450 | 142.5 | 2.55 | 19.5 | 1.40 |
| Yeo Valley Banana & Custard | 450 | 142.5 | 3.9 | 15.6 | 1.40 |
| Waitrose deliciously exotic mango & passionfruit low fat | 150 | 142.5 | 2.1 | 21.9 | 0.54 |
| Onken Mango, Papaya & Passion Fruit | 450 | 144 | 2.55 | 19.5 | 1.40 |
| Waitrose deliciously silky toffee low fat | 150 | 145.5 | 2.55 | 20.7 | 0.54 |
| Yeo Valley Strawberry | 450 | 147 | 4.2 | 16.35 | 1.40 |
| Yeo Valley Raspberry | 450 | 148.5 | 4.2 | 16.65 | 1.50 |
| Onken Cherry | 450 | 150 | 2.55 | 21 | 1.40 |
| Waitrose Duchy Organic thick & creamy natural | 500 | 150 | 5.7 | 9.9 | 1.57 |
| Waitrose deliciously nutty hazelnut low fat | 150 | 153 | 1.5 | 19.35 | 0.54 |
| Nush Almond Milk Blueberry | 120 | 154.5 | 0.9 | 9.9 | 1.20 |
| Onken Strawberry Wholegrain | 450 | 156 | 2.55 | 22.5 | 1.40 |
| Morrisons Mango, Papaya & Passion Fruit Bio | 450 | 156 | 3.45 | 22.35 | 0.85 |
| St Helen's Farm natural goats milk | 450 | 157.5 | 7.5 | 6.45 | 2.40 |
| Total 0% fat free Greek yoghurt with honey | 170 | 159 | 0 | 27 | 1.10 |
| Lancashire Farm Coconut | 450 | 160.5 | 2.76 | 26.55 | 1.00 |
| Activia Low Fat Vanilla Yogurt & Granola | 165 | 168 | 1.35 | 27.3 | 0.75 |
| Activia Low Fat Vanilla Yogurt & Granola | 165 | 168 | 1.35 | 27.3 | 1.00 |
| Sainsbury's West Country Timperley Rhubarb | 150 | 169.5 | 6.3 | 15.15 | 0.70 |
| Yeo Valley Lemon Curd | 450 | 172.5 | 3.75 | 23.4 | 1.40 |
| Yeo Valley Organic Whole Milk Lemon Curd | 450 | 172.5 | 3.75 | 23.4 | 1.50 |
| Rachel's organic forbidden fruits peach | 150 | 174 | 5.25 | 19.05 | 0.75 |
| Rachel's organic Greek style natural set | 450 | 174 | 8.4 | 7.5 | 2.10 |
| Rachel's organic forbidden fruits cherry | 150 | 175.5 | 5.25 | 19.5 | 0.75 |
| The Collective Super Berries | 450 | 177 | 4.95 | 20.4 | 2.20 |
| Sainsbury's West Country Senga Strawberry | 150 | 177 | 6.6 | 16.05 | 0.70 |
| Waitrose Mango & Papaya | 150 | 178.5 | 6.15 | 18.3 | 0.80 |
| Waitrose Mango & Papaya | 150 | 178.5 | 6.15 | 18.3 | 0.80 |
| The Collective Raspberry | 450 | 180 | 5.1 | 21 | 2.20 |
| The Collective Passion Fruit | 450 | 180 | 5.1 | 19.35 | 2.20 |
| The Collective Dairy Cherry | 450 | 180 | 5.4 | 19.95 | 2.20 |
| Sainsbury's Pink Grapefruit & Gin West Country | 150 | 180 | 6.75 | 18.15 | 0.75 |
| Sainsbury's Pineapple & Coconut | 150 | 183 | 7.35 | 18.3 | 0.70 |
| essential Waitrose Greek style natural | 500 | 183 | 9.15 | 8.1 | 1.05 |
| Tesco Greek Style Coconut | 450 | 184.5 | 7.95 | 15.15 | 1.00 |
| Sainsbury's West Country Black Cherry Yogurt | 150 | 186 | 5.85 | 20.55 | 0.70 |
| ASDA Greek Style | 500 | 187.5 | 10.05 | 7.35 | 0.90 |
| Tesco Greek Style Vanilla Yogurt | 450 | 187.5 | 7.2 | 19.05 | 1.00 |
| Sainsbury's West Country Glen Ample Raspberry | 150 | 187.5 | 7.05 | 16.8 | 0.70 |
| Waitrose Scottish raspberry | 150 | 187.5 | 6.15 | 19.35 | 0.80 |
| Waitrose black cherry | 150 | 187.5 | 6 | 20.4 | 0.80 |
| Waitrose Madagascan vanilla | 150 | 187.5 | 6.9 | 17.7 | 0.80 |
| Morrisons Greek Style Yogurt | 500 | 189 | 10.95 | 6 | 0.80 |
| Sainsbury's Fab Creamy Hazelnut | 150 | 189 | 3 | 21.45 | 0.50 |
| ASDA Berry Granola Split | 135 | 190.5 | 3 | 27 | 0.35 |
| ASDA Authentic Greek | 500 | 195 | 11.4 | 5.7 | 1.60 |
| Tims Dairy Greek style natural | 500 | 195 | 9.6 | 7.35 | 1.23 |
| Morrisons The Best Greek Yogurt 10% Fat | 500 | 196.5 | 10.65 | 6.45 | 1.75 |
| Waitrose 1 Greek natural strained | 500 | 196.5 | 10.05 | 5.55 | 1.89 |
| Rachel's organic Greek style honey | 450 | 196.5 | 6.9 | 19.05 | 2.10 |
| Rachel's organic Greek style ginger | 450 | 196.5 | 6.75 | 19.65 | 2.10 |
| The Collective Banana & Butterscotch | 450 | 198 | 5.4 | 22.95 | 2.20 |
| Sainsbury's West Country Madagascan Vanilla | 150 | 198 | 7.5 | 17.85 | 0.70 |
| Waitrose honey & stem ginger | 150 | 198 | 6.9 | 20.25 | 0.80 |
| Rachel's organic Greek style coconut | 450 | 201 | 7.95 | 16.05 | 2.10 |
| Oykos Peach Greek Style | 440 | 204 | 7.95 | 19.2 | 2.00 |
| ASDA Chocolate Balls Split | 135 | 207 | 5.25 | 27 | 0.35 |
| Sainsbury's West Country Spanish Honey & Ginger | 150 | 207 | 7.2 | 21.6 | 0.70 |
| Sainsbury's West Country Mango & Yuzu Yogurt | 150 | 207 | 6.45 | 24.15 | 0.70 |
| Oykos Apple & Cinnamon Greek Style | 440 | 210 | 7.65 | 20.25 | 2.00 |
| Yeo Valley Greek Style Honey | 450 | 211.5 | 7.2 | 20.55 | 1.40 |
| ASDA Banana Flakes Split | 135 | 213 | 5.1 | 28.5 | 0.35 |
| Morrisons Greek Style Honey | 200 | 213 | 8.25 | 20.4 | 0.55 |
| Oykos Raspberry Greek Style | 440 | 213 | 7.95 | 20.85 | 2.00 |
| Waitrose Sea Salt Caramel | 150 | 214.5 | 7.5 | 23.1 | 0.80 |
| Tesco Greek Style Honey | 450 | 216 | 7.8 | 20.55 | 1.00 |
| Sainsbury's West Country Creamy Fudge Yogurt | 150 | 217.5 | 7.2 | 24.9 | 0.70 |
| Oykos Strawberry Greek Style | 440 | 217.5 | 7.95 | 22.2 | 2.00 |
| Tims Dairy Greek style yogurt with honey | 175 | 226.5 | 8.25 | 21.3 | 0.61 |
| ASDA Toffee Hoops Split | 135 | 229.5 | 5.55 | 31.5 | 0.35 |
| Tims Dairy Greek style yogurt with vanilla | 450 | 229.5 | 8.7 | 19.35 | 1.30 |
| Oykos Salted Caramel Greek Style | 440 | 229.5 | 8.4 | 24.3 | 2.00 |
| Waitrose lemon curd | 150 | 235.5 | 8.1 | 24.75 | 0.80 |
| Oykos Tiramisu Greek Style | 440 | 241.5 | 7.95 | 27 | 2.00 |
| Sainsbury's Hazelnut | 150 | 243 | 7.5 | 22.5 | 0.70 |
| Sainsbury's West Country Lemon Curd Yogurt | 150 | 249 | 8.1 | 28.65 | 0.70 |
| Co Yo Natural Coconut Milk Yoghurt | 400 | 352.5 | 30 | 5.85 | 3.99 |

* **Values shown per 150 Gram serving**

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Onken Fat Free Natural Biopot | 1000 | 39 | 0.1 | 4.2 | 2.00 |
| Weight Watchers Summer Fruit | 440 | 45 | 0.05 | 5.9 | 1.00 |
| Light & Free Fat Free Greek Style Peach Passionfruit | 460 | 45 | 0.05 | 6.3 | 1.50 |
| Morrisons Fat Free Greek Style | 500 | 47 | 0.1 | 5.4 | 0.80 |
| Morrisons Fat Free Natural | 500 | 47 | 0.1 | 6.4 | 0.80 |
| Lancashire Farm Low Fat Natural | 1000 | 48 | 0.05 | 7.3 | 1.50 |
| Sainsbury's Fat Free Natural | 500 | 48 | 0.2 | 6.4 | 0.80 |
| Light & Free Fat Free Greek Style Lemon | 460 | 49 | 0.05 | 7.1 | 1.50 |
| Alpro Natural | 500 | 50 | 0.4 | 2.1 | 1.50 |
| Alpro Soya simply plain plant-based alternative to yogurt | 500 | 50 | 0.4 | 2.1 | 1.50 |
| essential Waitrose fat free natural | 500 | 50 | 0.1 | 6.4 | 0.95 |
| Light & Free Fat Free Greek Style Strawberry | 460 | 50 | 0.05 | 6.8 | 1.50 |
| Onken Light & Fruity Passionfruit | 450 | 51 | 0 | 6.3 | 1.40 |
| Light & Free Fat Free Greek Style Cherry | 460 | 51 | 0.05 | 7.7 | 1.50 |
| Rumi Turkish Yogurt | 1000 | 52 | 2.4 | 4.3 | 1.15 |
| Light & Free Fat Free Greek Style Raspberry | 460 | 53 | 0.05 | 7.8 | 1.50 |
| Light & Free Greek Style Fat Free Vanilla Vibe | 460 | 53 | 0.05 | 7.1 | 1.50 |
| Fage Total Fat Free Greek Recipe Natural | 500 | 54 | 9 | 3 | 2.75 |
| Alpro Almond | 500 | 54 | 0.4 | 2.3 | 1.50 |
| Sainsbury's Greek Style Fat Free Natural | 500 | 54 | 0.3 | 5.2 | 0.90 |
| essential Waitrose fat free Greek style natural | 500 | 54 | 0.05 | 4.8 | 1.05 |
| Total 0% fat free Greek strained | 500 | 54 | 0 | 3 | 2.75 |
| ASDA Greek Style Fat Free | 500 | 55 | 0.3 | 5.3 | 0.90 |
| Alpro Coconut | 500 | 55 | 1.1 | 2.3 | 1.50 |
| Light & Free Fat Free Greek Style Coconut | 460 | 55 | 0.4 | 7.2 | 1.50 |
| ASDA Fat Free Cherry | 450 | 56 | 0.05 | 8.1 | 0.92 |
| ASDA Fat Free Rhubarb & Vanilla | 450 | 56 | 0.05 | 8 | 0.92 |
| Muller Light Greek Style Skinny Latte Flavour | 450 | 58 | 0.1 | 7.5 | 1.40 |
| M savers Low Fat Natural | 500 | 58 | 1.1 | 5.6 | 0.45 |
| Sainsbury's Low Fat Natural Yogurt, SO Organic | 500 | 59 | 0.8 | 6.5 | 1.50 |
| Muller Light Greek Style Luscious Lemon | 450 | 60 | 0.1 | 7.5 | 1.40 |
| Muller Light Greek Style Raspberry | 450 | 60 | 0.1 | 7.5 | 1.40 |
| Sainsbury's Low Fat Natural | 500 | 60 | 1.1 | 6.4 | 0.50 |
| essential Waitrose low fat natural | 500 | 61 | 0.9 | 6.8 | 0.95 |
| Muller Light Greek Style Strawberry | 450 | 62 | 0.1 | 7.8 | 1.40 |
| ASDA Fat Free Greek | 500 | 62 | 0.2 | 5.5 | 1.60 |
| Sainsbury's Low Fat Natural | 500 | 62 | 0.8 | 7.1 | 0.80 |
| Muller Light Greek Style Coconut with a Hint of Vanilla | 450 | 63 | 0.4 | 7.5 | 1.40 |
| Waitrose 1 Greek natural fat free strained | 500 | 65 | 0 | 5.5 | 1.89 |
| Morrisons The Best Greek Yogurt 0% Fat | 500 | 66 | 0.2 | 6 | 1.75 |
| Total 0% fat free Greek yoghurt with strawberry | 170 | 67 | 0 | 8.4 | 1.10 |
| Total 0% fat free Greek yoghurt with blueberry | 170 | 67 | 0 | 8.4 | 1.10 |
| Fage Total 0% Fat with Peach | 170 | 67 | 0 | 8.5 | 1.00 |
| Morrisons Low Fat Greek Style | 500 | 68 | 1.7 | 5.1 | 0.80 |
| Morrisons Natural | 500 | 68 | 1.9 | 5.1 | 0.80 |
| Arla Skyr Honey | 450 | 70 | 0.05 | 7.1 | 1.40 |
| Total 2% low fat Greek strained | 500 | 70 | 1.3 | 3 | 2.75 |
| Benecol Greek Style Big Pot | 450 | 71 | 1.0 | 4.0 | 2.75 |
| Arla Skyr Strawberry | 450 | 73 | 0.1 | 7.4 | 1.40 |
| Arla Skyr Vanilla | 450 | 74 | 0.2 | 8.3 | 1.40 |
| Yeo Valley Fat Free Greek Style Honey | 450 | 74 | 0 | 11.3 | 1.40 |
| Onken Fat Free Strawberry | 450 | 75 | 0 | 13 | 1.40 |
| Onken Fat Free Vanilla | 450 | 75 | 0 | 14 | 1.40 |
| Alpro Vanilla | 500 | 75 | 0.4 | 9.5 | 1.50 |
| Alpro Yogurt Alternative Cherry | 500 | 75 | 0.4 | 9.4 | 1.50 |
| Sainsbury's Greek Style Low Fat Natural | 500 | 75 | 1.7 | 7.1 | 0.90 |
| ASDA Low Fat Vanilla | 450 | 77 | 0.7 | 12 | 0.92 |
| essential Waitrose low fat Greek style natural | 500 | 77 | 1.9 | 7 | 1.05 |
| Onken Fat Free Blueberry & Elderberry | 450 | 79 | 0 | 14 | 1.40 |
| Glenilen Farm Raspberry | 140 | 79 | 1.9 | 7.7 | 0.99 |
| Glenilen Farm Rhubarb | 140 | 79 | 1.9 | 8.2 | 0.99 |
| Yeo Valley Fat Free Vanilla | 450 | 81 | 0 | 14.1 | 1.40 |
| Yeo Valley 0% Fat Vanilla | 450 | 81 | 0 | 14.1 | 1.50 |
| Glenilen Farm Strawberry | 140 | 81 | 1.9 | 8.4 | 0.99 |
| Onken Fat Free Apple & Mango | 450 | 82 | 0 | 15 | 1.40 |
| Lancashire Farm Mango | 450 | 82 | 0.6 | 15.5 | 1.00 |
| Glenilen Farm Mango & Passionfruit | 140 | 82 | 1.9 | 8.5 | 0.99 |
| ASDA Low Fat Strawberry | 450 | 83 | 0.9 | 12 | 0.89 |
| Ski Smooth Strawberry & Raspberry | 480 | 83 | 1.8 | 11.6 | 1.00 |
| Liberte Greek Style Strawberry | 450 | 84 | 0.01 | 12 | 2.00 |
| Liberte Greek Style Blueberry | 450 | 84 | 0.01 | 11.8 | 2.00 |
| Liberte Greek Style Strawberry 0% Fat | 450 | 84 | 0.05 | 12 | 2.00 |
| ASDA Strawberry Split | 150 | 89 | 1.6 | 14 | 0.35 |
| Waitrose deliciously fruity raspberry low fat | 150 | 89 | 1.3 | 13.1 | 0.54 |
| ASDA Cherry Split | 150 | 91 | 1.7 | 14 | 0.35 |
| Fage Total Greek Natural | 500 | 93 | 3.6 | 3 | 2.75 |
| Total Greek strained natural | 500 | 93 | 3.6 | 3 | 2.75 |
| Onken Raspberry | 450 | 95 | 1.7 | 13 | 1.40 |
| Yeo Valley Banana & Custard | 450 | 95 | 2.6 | 10.4 | 1.40 |
| Waitrose deliciously exotic mango & passionfruit low fat | 150 | 95 | 1.4 | 14.6 | 0.54 |
| Onken Mango, Papaya & Passion Fruit | 450 | 96 | 1.7 | 13 | 1.40 |
| Waitrose deliciously silky toffee low fat | 150 | 97 | 1.7 | 13.8 | 0.54 |
| Yeo Valley Strawberry | 450 | 98 | 2.8 | 10.9 | 1.40 |
| Yeo Valley Raspberry | 450 | 99 | 2.8 | 11.1 | 1.50 |
| Onken Cherry | 450 | 100 | 1.7 | 14 | 1.40 |
| Waitrose Duchy Organic thick & creamy natural | 500 | 100 | 3.8 | 6.6 | 1.57 |
| Waitrose deliciously nutty hazelnut low fat | 150 | 102 | 1.0 | 12.9 | 0.54 |
| Nush Almond Milk Blueberry | 120 | 103 | 0.6 | 6.6 | 1.20 |
| Onken Strawberry Wholegrain | 450 | 104 | 1.7 | 15 | 1.40 |
| Morrisons Mango, Papaya & Passion Fruit Bio | 450 | 104 | 2.3 | 14.9 | 0.85 |
| St Helen's Farm natural goats milk | 450 | 105 | 5 | 4.3 | 2.40 |
| Total 0% fat free Greek yoghurt with honey | 170 | 106 | 0 | 18 | 1.10 |
| Lancashire Farm Coconut | 450 | 107 | 1.84 | 17.7 | 1.00 |
| Activia Low Fat Vanilla Yogurt & Granola | 165 | 112 | 0.9 | 18.2 | 0.75 |
| Activia Low Fat Vanilla Yogurt & Granola | 165 | 112 | 0.9 | 18.2 | 1.00 |
| Sainsbury's West Country Timperley Rhubarb | 150 | 113 | 4.2 | 10.1 | 0.70 |
| Yeo Valley Lemon Curd | 450 | 115 | 2.5 | 15.6 | 1.40 |
| Yeo Valley Organic Whole Milk Lemon Curd | 450 | 115 | 2.5 | 15.6 | 1.50 |
| Rachel's organic forbidden fruits peach | 150 | 116 | 3.5 | 12.7 | 0.75 |
| Rachel's organic Greek style natural set | 450 | 116 | 5.6 | 5 | 2.10 |
| Rachel's organic forbidden fruits cherry | 150 | 117 | 3.5 | 13 | 0.75 |
| The Collective Super Berries | 450 | 118 | 3.3 | 13.6 | 2.20 |
| Sainsbury's West Country Senga Strawberry | 150 | 118 | 4.4 | 10.7 | 0.70 |
| Waitrose Mango & Papaya | 150 | 119 | 4.1 | 12.2 | 0.80 |
| Waitrose Mango & Papaya | 150 | 119 | 4.1 | 12.2 | 0.80 |
| The Collective Raspberry | 450 | 120 | 3.4 | 14 | 2.20 |
| The Collective Passion Fruit | 450 | 120 | 3.4 | 12.9 | 2.20 |
| The Collective Dairy Cherry | 450 | 120 | 3.6 | 13.3 | 2.20 |
| Sainsbury's Pink Grapefruit & Gin West Country | 150 | 120 | 4.5 | 12.1 | 0.75 |
| Sainsbury's Pineapple & Coconut | 150 | 122 | 4.9 | 12.2 | 0.70 |
| essential Waitrose Greek style natural | 500 | 122 | 6.1 | 5.4 | 1.05 |
| Tesco Greek Style Coconut | 450 | 123 | 5.3 | 10.1 | 1.00 |
| Sainsbury's West Country Black Cherry Yogurt | 150 | 124 | 3.9 | 13.7 | 0.70 |
| ASDA Greek Style | 500 | 125 | 6.7 | 4.9 | 0.90 |
| Tesco Greek Style Vanilla Yogurt | 450 | 125 | 4.8 | 12.7 | 1.00 |
| Sainsbury's West Country Glen Ample Raspberry | 150 | 125 | 4.7 | 11.2 | 0.70 |
| Waitrose Scottish raspberry | 150 | 125 | 4.1 | 12.9 | 0.80 |
| Waitrose black cherry | 150 | 125 | 4.0 | 13.6 | 0.80 |
| Waitrose Madagascan vanilla | 150 | 125 | 4.6 | 11.8 | 0.80 |
| Morrisons Greek Style Yogurt | 500 | 126 | 7.3 | 4 | 0.80 |
| Sainsbury's Fab Creamy Hazelnut | 150 | 126 | 2.0 | 14.3 | 0.50 |
| ASDA Berry Granola Split | 135 | 127 | 2.0 | 18 | 0.35 |
| ASDA Authentic Greek | 500 | 130 | 7.6 | 3.8 | 1.60 |
| Tims Dairy Greek style natural | 500 | 130 | 6.4 | 4.9 | 1.23 |
| Morrisons The Best Greek Yogurt 10% Fat | 500 | 131 | 7.1 | 4.3 | 1.75 |
| Waitrose 1 Greek natural strained | 500 | 131 | 6.7 | 3.7 | 1.89 |
| Rachel's organic Greek style honey | 450 | 131 | 4.6 | 12.7 | 2.10 |
| Rachel's organic Greek style ginger | 450 | 131 | 4.5 | 13.1 | 2.10 |
| The Collective Banana & Butterscotch | 450 | 132 | 3.6 | 15.3 | 2.20 |
| Sainsbury's West Country Madagascan Vanilla | 150 | 132 | 5.0 | 11.9 | 0.70 |
| Waitrose honey & stem ginger | 150 | 132 | 4.6 | 13.5 | 0.80 |
| Rachel's organic Greek style coconut | 450 | 134 | 5.3 | 10.7 | 2.10 |
| Oykos Peach Greek Style | 440 | 136 | 5.3 | 12.8 | 2.00 |
| ASDA Chocolate Balls Split | 135 | 138 | 3.5 | 18 | 0.35 |
| Sainsbury's West Country Spanish Honey & Ginger | 150 | 138 | 4.8 | 14.4 | 0.70 |
| Sainsbury's West Country Mango & Yuzu Yogurt | 150 | 138 | 4.3 | 16.1 | 0.70 |
| Oykos Apple & Cinnamon Greek Style | 440 | 140 | 5.1 | 13.5 | 2.00 |
| Yeo Valley Greek Style Honey | 450 | 141 | 4.8 | 13.7 | 1.40 |
| ASDA Banana Flakes Split | 135 | 142 | 3.4 | 19 | 0.35 |
| Morrisons Greek Style Honey | 200 | 142 | 5.5 | 13.6 | 0.55 |
| Oykos Raspberry Greek Style | 440 | 142 | 5.3 | 13.9 | 2.00 |
| Waitrose Sea Salt Caramel | 150 | 143 | 5 | 15.4 | 0.80 |
| Tesco Greek Style Honey | 450 | 144 | 5.2 | 13.7 | 1.00 |
| Sainsbury's West Country Creamy Fudge Yogurt | 150 | 145 | 4.8 | 16.6 | 0.70 |
| Oykos Strawberry Greek Style | 440 | 145 | 5.3 | 14.8 | 2.00 |
| Tims Dairy Greek style yogurt with honey | 175 | 151 | 5.5 | 14.2 | 0.61 |
| ASDA Toffee Hoops Split | 135 | 153 | 3.7 | 21 | 0.35 |
| Tims Dairy Greek style yogurt with vanilla | 450 | 153 | 5.8 | 12.9 | 1.30 |
| Oykos Salted Caramel Greek Style | 440 | 153 | 5.6 | 16.2 | 2.00 |
| Waitrose lemon curd | 150 | 157 | 5.4 | 16.5 | 0.80 |
| Oykos Tiramisu Greek Style | 440 | 161 | 5.3 | 18 | 2.00 |
| Sainsbury's Hazelnut | 150 | 162 | 5 | 15 | 0.70 |
| Sainsbury's West Country Lemon Curd Yogurt | 150 | 166 | 5.4 | 19.1 | 0.70 |
| Co Yo Natural Coconut Milk Yoghurt | 400 | 235 | 20 | 3.9 | 3.99 |

* **Values shown per** **100 Grams**

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | n/a |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*