

OF NUTRITION

Yogurt Gets Buff

(NAPSA)—When it comes to eating more protein and shedding pounds, nutritionists say a certain type of yogurt could be worth its weight in gold.

Greek yogurt has twice the protein of traditional yogurt, owing its protein punch to a centuries-old straining process that removes the whey (liquid) from the yogurt. An added bonus to the straining: It makes the yogurt creamier and lower in sugar than most yogurts.



Protein Packed—New types of Greek yogurt offer twice the protein of regular yogurt.

So if you are weight conscious, you can find Greek yogurt such as Stonyfield Farm's Oikos Organic with 0% fat.

Because it's also organic, the yogurt has no artificial flavors, colors or sweeteners and it includes five live and active cultures, including *L. acidophilus*, *Bifidus* and *L. casei*. It comes in vanilla, plain, honey and blueberry flavors.

For more information, visit www.oikosorganic.com.