

MAKE THE SWITCH

to

Greek Yogurt

CUT ON CALORIES AND BOOST YOUR PROTEIN INTAKE



Original



Substitute



calories saved
protein gained



Recipe Example

1 CUP Vegetable Oil = 1 CUP Plain Nonfat Greek Yogurt

1 CUP Mayonnaise = 1 CUP Plain Nonfat Greek Yogurt

1 CUP Butter = 1/2 CUP Plain Nonfat Greek Yogurt + 1/2 CUP Butter

1 CUP Crème fraîche = 1 CUP Plain Nonfat Greek Yogurt

1 CUP Heavy Cream = 1 CUP Plain Nonfat Greek Yogurt

1 CUP Cream Cheese = 1 CUP Plain Nonfat Greek Yogurt

1 CUP Sour Cream = 1 CUP Plain Nonfat Greek Yogurt

1 CUP Milk = 1/4 CUP Plain Nonfat Greek Yogurt + 3/4 CUP Milk

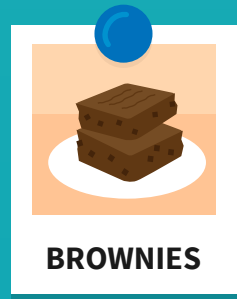
1744 calories saved
23.4 g protein gained



1361 calories saved
21.3 g protein gained



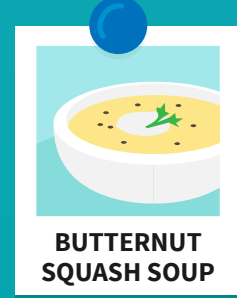
747 calories saved
10.8 g protein gained



686 calories saved
18.5 g protein gained



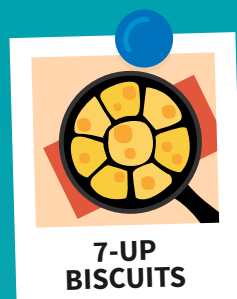
686 calories saved
18.5 g protein gained



658 calories saved
9.7 g protein gained



309 calories saved
18.6 g protein gained



0 calories saved
3.9 g protein gained



GREEK YOGURT SUBSTITUTION CHART

1 cup of	calories	fat (g)	carbs (g)	sugar (g)	protein (g)
Plain Nonfat Greek Yogurt	135	0	8.3	7.4	23.4
Vegetable Oil	1879	218.0	0	0	0
Mayonnaise	1496	164.7	1.3	1.3	2.1
Butter	1628	184.1	0.1	0.1	1.9
Crème fraîche	821	88.1	6.6	0	4.9
Heavy Cream	821	88.1	6.6	6.6	4.9
Cream Cheese	793	79.4	9.4	7.5	13.7
Sour Cream	444	45.4	6.6	6.6	4.8
Milk	125	4.7	12.2	12.2	7.9

SOURCES:

ndb.nal.usda.gov/ndb/
www.food.com

For recipes and more info go to...

WWW.GREEKYOGURTPARADISE.COM