

## REFLUX DIET COOKBOOK BLOG: EVERYTHING YOU NEED TO KNOW ABOUT YOGURT

Brand	Description	Other	pH	Ounces	Cal.	Fat g.	Comments
Stonyfield	Plain Organic	Nonfat	<b>4.9</b>	6	80	0.0	Pure organic yogurt (no fruit)
Dannon	Cherry	Lowfat	<b>4.9</b>	6	140	1.5	Fruit on the Bottom
Fage	Greek Strained ("all natural")	2% milk fat	<b>4.9</b>	7	130	4.0	Pure yogurt (no fruit)
Dannon	Plain ("all natural")	Fat free	<b>4.8</b>	6	80	0.0	Pure yogurt (no fruit)
Stonyfield	Blueberry Organic	Fat free	<b>4.8</b>	6	120	0.0	Organic Blueberry Fruit on the Bottom
Dannon	Light & Fit Blackberry	Fat free	<b>4.8</b>	6	80	0.0	Blackberry flavored (no fruit)
La Yogurt	Probiotic Strawberry	Lowfat	<b>4.8</b>	6	160	1.5	Strawberry flavored (no fruit)
Stonyfield	Strawberry Organic	Lowfat	<b>4.8</b>	6	120	1.5	Organic Stawberry Fruit on the Bottom
La Yogurt	Probiotic Pina Colada	Lowfat	<b>4.8</b>	6	160	2.0	Pina Colada flavored (no fruit)
Dannon	Lemon ("all natural")	Lowfat	<b>4.8</b>	6	150	2.5	Lemon flavored (no fruit)
Stonyfield	YoBaby Blueberry Organic	Whole milk	<b>4.8</b>	4	110	4.0	Organic Flavored Blueberry for Babies
Yoplait	Light Harvest Peach	Fat free	<b>4.7</b>	6	100	0.0	Harvest peach flavored (no fruit)
Dannon	Light & Fit Lemon Chiffon	Fat free	<b>4.7</b>	6	80	0.0	Lemon Chifon flavored (no fruit)
Dannon	Light & Fit Strawberry Kiwi	Fat free	<b>4.7</b>	6	80	0.0	Strawberry Kiwi flavored (no fruit)
Dannon	Activia Light Peach	Fat free	<b>4.7</b>	4			No nutrional information on single serving
Yoplait	Original French Vanilla	Lowfat	<b>4.7</b>	6	170	1.5	French Vanilla flavored (no fruit)
Yoplait	Original Key Lime Pie	Lowfat	<b>4.7</b>	6	170	1.5	Key Lime Pie flavored (no fruit)
Yoplait	Thick & Creamy Vanilla	Lowfat	<b>4.7</b>	6	180	2.5	Vanilla flavored (no fruit)
Yoplait	Whips! Raspberry Mousse	Lowfat	<b>4.7</b>	4	140	2.5	Raspberry Mouse (no fruit)
Brown Cow	Plain ("all natural")	Cream top	<b>4.7</b>	6	130	7.0	Pure yogurt (no fruit)
Stonyfield	YoBaby Apple Organic	Whole milk	<b>4.7</b>	4	110	4.0	Organic Flavored Apple for Babies
Yoplait	Original Mixed Berry	Lowfat	<b>4.6</b>	6	170	1.5	Mix Berry flavored (no fruit)
Brown Cow	Blueberry ("all natural")	Fat free	<b>4.6</b>	6	140	0.0	Blueberry flavored (no fruit)
Yoplait	Trix Wildberry Blue	Lowfat	<b>4.6</b>	4	90	0.5	Wildberry blue flavored and advertised to kids
Dannon	Strawberry Banana	Lowfat	<b>4.6</b>	6	150	1.5	Strawberry Banana Fruit on the Bottom
Brown Cow	Peach ("all natural")	Cream top	<b>4.6</b>	6	170	6.0	Peach Fruit on the Bottom
Skyr	Icelandic Blueberry Skyr	Fat free	<b>4.5</b>	6	160	0.0	Blueberry flavored (no fruit)
Skyr	Icelandic Vanilla Skyr	Fat free	<b>4.5</b>	6	150	0.0	Vanilla flavored (no fruit)
Yoplait	Trix Triple Cherry	Lowfat	<b>4.5</b>	4	90	0.5	Triple cherry flavored and advertised to kids
Frivan	Acidophilus (No stabilizers)	Whole Milk	<b>4.2</b>	8	140	8.0	Pure whole milk yogurt