

Make
the recipes
you already
love, even
better.

Cooking with yogurt
goes way beyond great taste
and creamy texture, it can
also add less fat to recipes:



TASTE

Yogurts rich, tart taste
gives recipes a fresh,
tangy pop of flavor.

TEXTURE

Yogurt gives dishes
a thick, smooth
creamy texture with
a velvet-like finish.

NUTRIENTS

Yogurt contains many
beneficial nutrients and
has less fat than many
other ingredients.*

NUTRITION FACTS

	Sour Cream	Oikos Plain Greek Nonfat¹		Heavy Cream	Dannon Plain Nonfat
Calories	440	120	Calories	820	100
Fat (g)	45	0	Fat (g)	88	0
	Butter	Oikos Plain Greek Nonfat¹		Vegetable Oil (Canola)	Dannon Plain Nonfat
Calories	1630	120	Calories	1930	100
Fat (g)	184	0	Fat (g)	218	0
				Buttermilk (Whole)	Dannon Plain Nonfat
			Calories	150	100
			Fat (g)	8	0
				Mayonnaise	Dannon Plain Nonfat
			Calories	1500	100
			Fat (g)	165	0

All nutrient values above are based on a 1 cup serving.
Data from <http://ndb.nal.usda.gov/>

Based on the USDA National Nutrient
Database for Standard Reference

*At least 80 percent less fat than regular cream
cheese, mayonnaise and sour cream based on
USDA Database May 2013

SUBSTITUTION CHART

INGREDIENT:

SUBSTITUTE:

1 cup of sour cream =	1	cup of Oikos Plain Greek Nonfat yogurt
1 cup of butter =	1/2	cup of Oikos Plain Greek Nonfat yogurt plus 1/2 cup butter
1 cup of heavy cream =	1	cup of Oikos Plain Greek Nonfat yogurt
1 cup of Vegetable Oil = (Canola)	1/2	cup of Oikos Plain Greek Nonfat yogurt
1 cup of buttermilk = (whole)	2/3	cup of Dannon Plain Nonfat yogurt plus 1/3 cup milk
1 cup of mayonnaise =	1	cup of Dannon Plain Nonfat yogurt



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START SUBSTITUTING WITH YOGURT TODAY!