

Academy of Language Studies
UiTM Cawangan Pulau Pinang

e-Lingua

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*Connecting Cultures
One Word at a Time*

你好

Apa Khabar?

Bonjour

Hello

مرحبًا

Hallo

こんにちは



Greek Yogurt: Small Cup, Big Nutrition

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Greek yogurt is one of the most nutritious fermented dairy products, containing beneficial probiotic strains and a higher protein content. Many people think it is the same as regular yogurt. To be more precise, Greek yogurt is made by straining regular yogurt to remove excess liquid and whey. As a result, its texture is creamier and thicker than regular yogurt, and its taste is tangier. Compared to regular yogurt, it has a higher concentration of protein.

Some people are concerned about the sugar content in Greek yogurt. Commercial Greek yogurt often contains added sugar, especially those with fruits or toppings. However, plain Greek yogurt without added fruits or toppings is typically low in sugar. The fat and calorie content of Greek yogurt depends on the type of milk used. It is usually made from cow's milk, particularly whole milk, which gives it a higher fat content. Low-fat and non-dairy options, such as those made from coconut, soy, or almond milk, are also available. It is usually made from cow's milk, particularly whole milk, which gives

Low-fat Greek yogurt



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For example, 200 g of low-fat Greek yogurt contains approximately 146 kcal, 7.9 g of carbohydrates, 7.1 g of sugar, 3.8 g of fat, and 19.9 g of protein (Lang, 2025). Removing the whey during the straining process reduces some of the lactose, carbohydrates, and sugar content. At the same time, the protein remains concentrated, making Greek yogurt a high-protein food. It is also a good source of magnesium, vitamin B12, probiotics, and iodine. Greek yogurt may help relieve digestive discomfort, support heart health, and assist with weight management.

Adding Greek yogurt to your diet can provide many health benefits. If you are looking to increase your protein intake while maintaining your overall health, Greek yogurt can be a nutritious and practical choice.

Reference:

Lang, A. (2025, September 8). What's the Difference Between Greek and Regular Yogurt?. Healthline.

<https://www.healthline.com/nutrition/greek-yogurt-vs-yogurt>



Greek yogurt with fruits

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