

# LARGE STRAWBERRY YOGHURT TUBS

		Tub size	Added sugar	Added sweeteners	Type of added sugar	Sugars per 100g	Artificial additives/ preservatives	Full fat/ low fat
2	Gippsland Dairy Strawberries & Cream Yoghurt	720g	✓	✗	sugar	16.5	✓	full fat
	Jalna Pot Set Greek Style Sweet & Creamy Strawberry Yoghurt	1kg	✓	✗	fruit juice concentrate	9.1	✗	full fat
	Activia Strawberry Yoghurt	700g	✗	✓	sweetener	5.1	✓	full fat
	Coles Strawberry Yoghurt	1kg	✓	✗	sugar dextrose sucrose fructose	10.4	✓	low fat
	Yoplait Real Fruit Strawberry Yoghurt	1kg	✓	✗	sugar	12.8	✓	low fat
1	Easiyo Strawberry Flavour Yoghurt Base	makes 1kg	✓	✗	sugar	13.8	✗	full fat
	Five:AM Organic Strawberry Fields Yoghurt	700g	✓	✗	organic raw sugar	9.5g	✗	full fat
	Five:AM Simply Strawberries Whole Milk Yoghurt	550g	✗	✗	-	5.4g	✗	full fat
	Joi Mixed Berry Fruit Yoghurt (Aldi)	1kg	✓	✗	sugar	13.9g	✓	low fat
	Tamar Valley Strawberry and Blueberry Greek Yoghurt	700g	✓	✗	sugar	16g	✗	full fat
	Dairy Farmers Thick & Creamy Strawberry Yoghurt	600g	✓	✗	sugar	11.4	✗	full fat
	Easiyo Yoghurt Reduced Sugar Strawberry	makes 1kg	✓	✓	sugar sweetener	8.2g	✗	full fat
	Woolworths Strawberry yoghurt	1kg	✓	✗	sugar fructose	12.1	✗	low fat
	Danone Yopro Strawberry	700g	✗	✓	sweetener	4.1	✗	low fat

Strawberry yoghurt tubs were compared based on both the added sugar content and type of added sugar used. I preference full fat dairy over reduce fat versions as these are more satisfying and are usually without the added thickeners and extra sugar of the low fat versions. Due to the continuing research into added sweeteners (and the unsavoury taste!) I prefer to avoid sweeteners for myself and my family so even though there are a few products without added sugar they do have added sweeteners in its place so don't rate high on my list.

**First place** - Five:AM Simply Strawberries Whole Milk Yoghurt is a clear winner. It has had no added sugar, sweeteners or artificial additives/preservatives and is flavoured with diced strawberries. It also tastes amazing!!

**Second place** - Jalna Pot Set Greek Style Sweet & Creamy Strawberry Yoghurt is the only yoghurt with added sugar to be sweetened with fruit juice concentrate as opposed to "sugar" (sucrose). Although fruit juice concentrate is a form of sugar, being fruit juice with water extracted, it may still provide additional nutrients from the fruit compared to plain sugar which does not. It also had the second lowest sugar content per 100g (excluding the yoghurts with sweeteners).

