

Yogurt Wars: Frozen vs. Regular

No matter how similar their names, frozen yogurt is less nutritious than regular yogurt not just a colder version.

The nutrient content of frozen yogurt is actually closer to low-fat ice cream than to regular yogurt. Plain or fruit-flavored regular yogurt supplies considerably more calcium than frozen. Some frozen yogurts do contain prebiotics and probiotics, which provide possible health benefits.

With yogurt as with any food item, read the Nutrition Facts label to learn its nutrient and calorie content.