

A Guide to Vegan Yogurt

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There is an abundance of vegan options on the market today. Vegan alternatives to meat, cheese, eggs, ice cream, yogurt, and other products are widely available in many forms and flavors. Vegan yogurt is a great option for individuals avoiding dairy, and these products do not disappoint. Many brands offer different flavors and styles of vegan yogurt, and these products can often be found in grocery stores. This guide will introduce you to the many different brands and flavors on the market and help you select the perfect one for you.

Taste Test

Brands sampled:

- Daiya
- Forager Project
- Good Karma
- Stonyfield O'Soy
- Silk
- So Delicious
- Nancy's Cultured Soy
- Kite Hill
- Almond Dream

- First, we tasted Daiya's Greek yogurt alternative blueberry and black cherry flavors. These yogurts are colorfully packaged and both flavors were bright shades of purple with visible chunks of fruit throughout. The flavors were vibrant and the consistency was smooth and creamy. The yogurts had a thick texture and required stirring prior to eating.
- From the brand Forager Project, we tried their strawberry-flavored Cashewgurt. Packaging and overall appearance were similar to dairy yogurt. It was a light shade of pinkish/red, had a mild flavor, and a smooth, creamy texture.
- For Good Karma, we sampled the blueberry flavor. Similar to the Daiya yogurt, it had a thick, custard-like texture that needed to be stirred before eating. The flavor was intense and sweet.
- We tasted the raspberry flavor of Stonyfield O'Soy yogurt, which had a light, smooth appearance. This product had the fruit on the bottom, so it needed to be mixed prior to eating. The texture was creamy, and it had a sweet but soy-like flavor.
- We sampled the soy vanilla and soy peach & mango flavors of Silk yogurt. These had vibrant colors and appeared smooth. These products had a slightly thin consistency with chunks of fruit throughout the flavored options, which added a satisfying taste. The flavor was quite sweet, and it did not have a noticeable soy taste.
- For So Delicious, we tried the raspberry flavor. This yogurt had a smooth appearance, a thick texture, and a creamy consistency. The raspberry flavor was very light and had mild coconut undertones.

- ❑ We sampled the plain soy flavor of Nancy's Cultured Soy. This yogurt was very lumpy in appearance. It was separated out and required a lot of stirring before eating. The product was thick and had a tart taste; however, the flavored options might be sweeter. The plain flavor would probably be best used in smoothies or with added sweeteners.
- ❑ For Kite Hill, we tried the plain, vanilla, and peach flavors. These products had a smooth, vibrant appearance. They had a thin, creamy consistency. The plain flavor had a slightly sour taste and could be used as a substitute for sour cream. The vanilla and peach options had prominent, authentic flavors that were mildly sweet.
- ❑ We also sampled Almond Dream's coconut flavor. It had a thin consistency and slightly grainy texture due to the almonds. It had a mildly sweet and good flavor.

Overall, we thought that each of the brands offered unique textures and flavors. We found that Daiya had the thickest consistency of the ones we tried, while Kite Hill was the thinnest. We thought Kite Hill had the most authentic flavors, and Stonyfield O'Soy Organic had the sweetest flavor.

Nutritional Analysis

We compared the nutrient content of nondairy yogurt options to the leading brands of dairy yogurt options. These included Yoplait for the original forms of yogurt and Chobani for the Greek-style yogurt. Mixed berry options were used in the comparison for both Chobani and Yoplait since many of the nondairy options are fruit flavored. These comparisons are made based on the container size produced by the company, so the total serving size in grams might vary slightly from brand to brand.

Daiya and Living Harvest both offer Greek-style yogurt products, which we compared to Chobani. Chobani mixed berry yogurt contains 140 calories, 12 grams of protein, 2.5 grams of fat, 16 grams of sugar, and 1.5 grams of saturated fat in a 5.3-ounce serving. In comparison, Living Harvest's products contain 130 calories, 8-10 grams of protein, 4 grams of fat, 8-9 grams of sugar, and 0.5 grams of saturated fat for a 5.3-ounce serving. Living Harvest is similar to Chobani, but it has slightly less protein, sugar, and saturated fat per serving. Daiya's products were also similar, and they contained slightly higher amounts of calories, sugar, and saturated fat than Living Harvest.

The coconut-based yogurts tended to be lower in protein and higher in calories, fat, and saturated fat than the other products. Coconut Dream, Coconut Grove, CoYo, and So Delicious were all coconut-based products. Coconut Dream was on the lower end for calories and fat with their products having between 120 and 140 calories and 3-4 grams of fat per 6-ounce serving. CoYo, however, had 320 to 390 calories per 5.3-ounce serving. This brand also contained 30 to 38 grams of fat, most of which was saturated fat. CoYo had the highest calories, fat and saturated fat of the four coconut-based brands. Coconut Grove appeared to be in the middle of these products, containing 180 to 240 calories, 11-14 grams of fat, and 10-12 grams of saturated fat per 6-ounce serving. In addition, each of these brands had between 0 and 3 grams of protein per serving, which is less than Yoplait options. Compared to Yoplait, CoYo was significantly higher in calories, fat, and saturated fat. The other brands were higher in these

categories as well, but by lesser amounts. Yoplait also contains 20% of the Daily Value for vitamin D and 200 milligrams of calcium per serving. CoYo did not have any calcium or vitamin D, and Coconut Grove only had 20 milligrams of calcium. However, Coconut Dream had 250 milligrams of calcium, and So Delicious had between 250 and 500 milligrams of calcium, 20-45% of the Daily Value for vitamin D, and 20-50% of the Daily Value for vitamin B12 in a serving.

Kite Hill, Almond Dream, Amande, and the Silk almond milk yogurts are all almond-based options. These tend to have comparable amounts of calories, protein, sugar, and saturated fat to Yoplait, but they have higher amounts of fat. Kite Hill products had between 140 and 200 calories, 10-13 grams of fat, 4-6 grams of protein, and 14-17 grams of sugar (for the flavored options) per 5.3-ounce serving. The main difference between this option and Yoplait is the fat content since Yoplait only has 2 grams of fat per 6-ounce serving. Almond Dream is a lower-fat option of the almond-based products. This brand contains between 130 and 160 calories, 2.5-3 grams of fat, and 1 gram of protein per 6-ounce serving. While this option is closer in fat to Yoplait, it has significantly less protein than Yoplait and the other almond-based yogurts. Of these products, Almond Dream has 200 milligrams of calcium and Silk had 100 milligrams of calcium and 15% of the Daily Value for vitamin D.

The soy-based options included Nancy's Cultured Soy, Stonyfield O'Soy, and Silk soy yogurts. These options were generally comparable in all nutrients examined, while some were higher in calories and most were lower in saturated fat than Yoplait. Stonyfield O'Soy had 150 to 170 calories, 7 grams of protein, 2.5-3 grams of fat, and 0 grams of saturated fat per 6-ounce serving. This option was higher in sugar than the other two non-dairy soy-based brands, containing 21-27 grams per serving, while the other nondairy brands had 10-23 grams of sugar per serving. All of the soy yogurt options had a calcium content similar to Yoplait. Yoplait had 200 milligrams per container, while Nancy's Cultured Soy had 60-150 milligrams, Stonyfield O'Soy had 100 milligrams, and Silk had 200-400 milligrams of calcium. Silk also had 20% of the Daily Value for vitamin D, which is the same as Yoplait.

Overall, the coconut-based yogurts (excluding the Coconut Dream brand) were generally much higher in calories, fat, and saturated fat and lower in protein than Yoplait and the other nondairy options. The almond-based products tended to be similar in most nutrients, but higher in fat than the soy-based products and Yoplait. The soy-based yogurts were also comparable to Yoplait, although they were higher in calories and lower in saturated fat.

Cost

A vegan diet centered around whole foods in their natural form, such as rice, beans, potatoes, pasta, and vegetables, can be one of the most inexpensive ways to eat. However, some of the vegan meat and dairy substitutes can be pricier than their non-vegan counterparts. Some of the vegan yogurt alternatives are more expensive than dairy yogurt. A 6-ounce container of Yoplait Original Yogurt costs around \$0.65, while a 5.3-ounce container of Silk Soy Yogurt costs about \$1.49. For the Greek style yogurts, a 5.3-ounce container of Chobani Greek Yogurt typically

costs around \$1.00, while a 5.3-ounce container of Daiya Greek Yogurt Alternative costs around \$1.69.

Brand Characteristics and Purchasing Options

Common flavors that most brands offer include plain, vanilla, strawberry, peach, raspberry, blueberry, and chocolate. In addition, there are some unique flavors offered by different brands. Kite Hill has key lime and caramel options; Daiya has black cherry; Silk offers a pineapple flavor; and Nancy's Cultured Soy offers blackberry. The most common bases for vegan yogurts are almond, soy, and coconut, and the base each brand uses is listed below. In addition to this, all of the vegan yogurts that we found are non-GMO and gluten-free. Organic options are offered by So Delicious, Nancy's Cultured Soy, Stonyfield O'Soy, Coconut Grove, and Forager Project.

Almond-Based:

Amande:

- Flavors: Plain, vanilla, peach, cherry, coconut, strawberry, and blueberry.
- Size Options:
 - Single servings (6 oz.) of all flavors except for plain and vanilla.
 - Tub (24 oz.) of blueberry, coconut, plain, and vanilla flavors.
- Where to Purchase: <http://amandeyogurt.com/store-finder.html>

Almond Dream:

- Flavors: Coconut, mixed berry, plain, strawberry, and vanilla.
- Size Options:
 - Single servings (6 oz.) of all flavors.
 - Tub (24 oz.) of vanilla, strawberry, and mixed berry flavors.
- Where to Purchase: <http://www.dreamplantbased.com/where-to-buy/>

Kite Hill:

- Flavors: Plain, vanilla, peach, blueberry, strawberry, pineapple, key lime, and caramel.
- Size Options:
 - Single Servings (5.3 oz.) of all flavors.
- Where to Purchase: <http://www.kite-hill.com/where-to-buy-4/>

Silk Almond Milk Yogurts:

- Flavors: Plain, strawberry, vanilla, peach, and dark chocolate coconut.
- Size Options:
 - Single servings (5.3 oz.) of all flavors.
- Where to Purchase: <https://silk.com/where-to-buy>

Soy-Based

Nancy's Cultured Soy:

- Flavors: Unsweetened plain, plain, blackberry, strawberry, mango, blueberry, raspberry, and vanilla.
- Size Options:
 - Single servings (6 oz.) of all flavors.
 - Tub (24 oz.) of unsweetened plain, plain, blackberry, blueberry, mango, and raspberry flavors.
 - Large tub (32 oz.) of the plain flavor.
- Where to Purchase: <http://nancysyogurt.com/index.php/finding-nancys>

Silk Soy Yogurts:

- Flavors: Plain, vanilla, strawberry, peach & mango, blueberry, and pineapple.
- Size Options:
 - Single servings (5.3 oz.) of all flavors.
 - Tub (24 oz.) of soy plain or soy vanilla.
- Where to Purchase: <https://silk.com/where-to-buy>

Stonyfield O'Soy:

- Flavors: Blueberry, raspberry, strawberry, and vanilla.
- Size Options:
 - Single servings (6 oz.) of all flavors.
- Where to Purchase: <http://www.stonyfield.com/products/store-locator/>

Coconut-Based

Coconut Dream:

- Flavors: Plain, vanilla, strawberry, raspberry, and blueberry.
- Size Options:
 - Single servings (6 oz.) of all flavors.
- Where to Purchase: <http://www.dreamplantbased.com/where-to-buy/>

Coconut Grove:

- Flavors: Plain, vanilla, blueberry, and strawberry.
- Size Options:
 - Single servings (6 oz.) of all flavors.
 - Tub (24 oz.) of plain and vanilla flavors.
- Where to Purchase: <http://www.coconutgroveyogurt.com/stores/>

CoYo:

- Flavors: Plain, mango, mixed berry, and chocolate.
- Size Options:
 - Single Servings (5.3 oz.) of all flavors.
 - Tub (12 oz.) of all flavors.
- Where to Purchase: <http://coyo.com/us/locator/>

Daiya:

- Flavors: Peach, strawberry, blueberry, and black cherry.
- Size Options:
 - Single Servings (5.3 oz.) of all flavors.
- Where to Purchase: <http://daiyafoods.com/find-us/where-to-buy/>

So Delicious:

- Flavors: Unsweetened plain, plain, unsweetened vanilla, vanilla, blueberry, chocolate, mango, raspberry, strawberry, and strawberry banana.
- Size Options:
 - Single Servings (5.3 oz.) of all flavors.
 - Tub (24 oz.) of vanilla and plain (unsweetened and sweetened).
- Where to Purchase: <http://sodeliciousdairyfree.com/store-finder>

Other

Cashew-Based: Forager Project:

- Flavors: unsweetened plain, vanilla bean, wild blueberry, strawberry, and lemon
- Size Options:
 - Single Servings (5.3 oz.) of all flavors except unsweetened plain
 - Tub (24 oz.) of unsweetened plain
- Where to Purchase: <http://foragerproject.com/store-locator/>

Flax-Based: Good Karma:

- Flavors: Plain, vanilla, blueberry, strawberry, raspberry
- Size Options:
 - Single Servings (6 oz.) of all flavors

Where to Purchase: <http://goodkarmafoods.com/store-finder/>

Hemp-Based: Living Harvest:

- Flavors: Plain, blueberry, strawberry, and raspberry.
- Size Options:

- Single servings (5.3 oz.) of all flavors.
- Where to Purchase: Whole Foods and other natural foods stores