

Yogurt Substitution Guide



	1 Tbsp.				2 Tbsp.				3 Tbsp.			
	Calories	Total Fat (g)	Protein (g)	Calcium (% DRV)	Calories	Total Fat (g)	Protein (g)	Calcium (% DRV)	Calories	Total Fat (g)	Protein (g)	Calcium (% DRV)
Regular Mayonnaise*	96	11			193	22			289	33		0%
Light Mayonnaise*	45	4			90	8			135	12.5		0%
Regular Sour Cream	31	3		2%	62	6		3%	92	9		5%
Light Sour Cream*	19	1	<1		38	2.5	1	1%	58	4	2	1%
Regular Cream Cheese	51	5		1%	101	10		2%	152	15		4%
Light Cream Cheese	35	2.5		2%	69	5		3%	104	8		5%
Heavy Cream	51	5.5		1%	103	11		2%	154	16.5		3%
Light Cream	29	3		1%	59	6		3%	88	8.5		4%
Half n' Half	20	1.5		2%	39	3.5		3%	59	5		5%
Butter (Unsalted)	102	11.5			204	23		1%	305	34.5		1%
Margarine	54	6			107	12			161	18		0%
Vegetable Oil	121	13.5			241	27			362	41		0%
Stonyfield Fat Free Plain Yogurt	7		<1	3%	14		1	5%	21		2	8%
Stonyfield Low Fat Plain Yogurt	8	< 0.5	<1	3%	15	< 0.5	1	5%	23	< 0.5	2	8%
Stonyfield Whole Milk Plain Yogurt	11	0.5	<1	3%	23	1	1	5%	34	2	2	8%
Oikos Plain Greek Yogurt	8	0	2	2%	15	0	3	4%	23	0	4	6%
Oikos Vanilla Greek Yogurt	10	0	2	2%	20	0	3	3%	30	0	4	5%



	1/4 Cup				1/3 Cup				1/2 Cup			
	Calories	Total Fat (g)	Protein (g)	Calcium (% DRV)	Calories	Total Fat (g)	Protein (g)	Calcium (% DRV)	Calories	Total Fat (g)	Protein (g)	Calcium (% DRV)
Regular Mayonnaise*	385	44			508	58			770	88		
Light Mayonnaise*	180	16.5			238	22			360	33		
Regular Sour Cream	123	12		7%	162	16		9%	246	24		14%
Light Sour Cream*	77	5	3	1%	101	6.5	4	2%	153	10	5	3%
Regular Cream Cheese	203	20		5%	267	26.5		6%	405	40.5		10%
Light Cream Cheese	139	10.5		7%	183	14		9%	277	21		14%
Heavy Cream	205	22		4%	271	29		5%	411	44		8%
Light Cream	117	11.5		6%	154	15		8%	234	23		12%
Half n' Half	79	7		6%	104	9		8%	158	14		13%
Butter (Unsalted)	407	46		1%	537	61		2%	814	92		3%
Margarine	214	24		1%	283	32		1%	428	48		1%
Vegetable Oil	482	54.5			636	72			964	109		
Stonyfield Fat Free Plain Yogurt	28		3	10%	36	0	4	13%	55	0	6	20%
Stonyfield Low Fat Plain Yogurt	30	0.5	3	10%	40	0.5	3	13%	60	1	5	20%
Stonyfield Whole Milk Plain Yogurt	45	2	2	10%	59	3	3	13%	90	4.5	5	20%
Oikos Plain Greek Yogurt	30	0	6	8%	40	0	8	10%	60	0	12	15%
Oikos Vanilla Greek Yogurt	40	0	6	6%	53	0	7	8%	80	0	11	13%



	2/3 Cup				3/4 Cup				1 Cup			
	Calories	Total Fat (g)	Protein (g)	Calcium (% DRV)	Calories	Total Fat (g)	Protein (g)	Calcium (% DRV)	Calories	Total Fat (g)	Protein (g)	Calcium (% DRV)
Regular Mayonnaise*	1032	118			1155	132			1540	176		
Light Mayonnaise*	482	45			540	50			720	66.5		
Regular Sour Cream	330	32		18%	369	36		20%	492	48		27%
Light Sour Cream*	205	13.5	7	4%	230	15	8	4%	307	20	11	5%
Regular Cream Cheese	543	54		13%	608	61		14%	810	81		19%
Light Cream Cheese	371	28		18%	416	32		20%	554	42		27%
Heavy Cream	550	59		11%	616	66		12%	821	88		16%
Light Cream	314	31		15%	351	35		17%	468	46.5		23%
Half n' Half	211	18.5		17%	236	21		19%	315	28		25%
Butter (Unsalted)	1091	123.5		3%	1221	138		4%	1628	184		5%
Margarine	574	64.5		1%	643	72.5		2%	857	96.5		2%
Vegetable Oil	1291	146			1445	163.5			1927	218		
Stonyfield Fat Free Plain Yogurt	74	0	7	27%	83	0	8	30%	110	0	11	40%
Stonyfield Low Fat Plain Yogurt	80	1	7	27%	90	1.5	8	30%	120	2	10	40%
Stonyfield Whole Milk Plain Yogurt	121	6	6	27%	135	7	7	30%	180	9	9	40%
Oikos Plain Greek Yogurt	80	0	15	20%	90	0	17	23%	120	0	23	30%
Oikos Vanilla Greek Yogurt	107	0	15	17%	120	0	17	19%	160	0	22	25%

Nutrient values based on data from www.nal.usda.gov/fnic/foodcomp/search/

* Based on average of 3 leading brands

Yogurt can be used as a substitute on a 1:1 ratio in most recipes.

For cream cheese, butter and margarine we recommend using yogurt cheese or Oikos as a substitute.



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