

WHAT'S IN YOUR YOGURT PARFAIT?



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Yogurt

There are so many options for yogurt choices. If your goal is to increase protein, then choose a Greek yogurt which typically offers 15 grams of protein compared to regular yogurt with only 7-10 grams. If you want to keep carbohydrates down, choose a light or zero sugar option.

Granola:

Be careful with the granola as this can increase carbohydrates significantly.

KIND Pro Max granola offers 15 grams of protein and limits carbohydrate to 27 grams per serving where other granolas may offer 5-7 grams protein and over 40 grams carbohydrate.

Fiber & Heart Healthy additions:

- **HEMP SEEDS** (3 TBSP)
10 gram protein and 3 grams fiber
- **CHIA SEEDS** (2 TBSP)
6 gram protein and 10 grams fiber
- **FLAXSEEDS** (3 TBSP)
6 grams protein and 10 grams fiber
- **WALNUTS** ($\frac{1}{4}$ cup)
4 grams protein and 2.5 grams in omega – 3 ALA fatty acids

Fruit & Antioxidants

- **BLUEBERRIES** – 4 grams fiber in 1 cup and significant sources of vitamin C, K and manganese. High in anthocyanin antioxidant.
- **STRAWBERRIES, BLACKBERRIES, RASPBERRIES** all contain over 4 grams of fiber and full of antioxidants.



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