



Better Whey of Life vs. Dannon Oikos

How does our Greek yogurt stack up?

Brand	Manufacturer	Calories	Fat	Protein	Sugar	Fiber	Calcium (%DV)
<p>Better Whey of Life Plain Serving Size: 6 oz.</p> 	<p>Tula Foods – owned and run by a <u>Greek</u> American</p>	100*	2	✓ 17g	✓ 4g	✓ 3g	✓ 30%
<p>Dannon Oikos Plain Serving Size: 5.3oz.</p> 	<p>Dannon – an American yogurt company owned by a French parent company (Danone) and run by an Argentinian CEO</p>	80	0g	15g	6g	0g	15%

***WHAT YOU NEED TO KNOW:** "Calories alone don't tell the full nutritional story. Look for foods that are made with more protein, less carbohydrates, less sugar and more fiber to keep you full longer!"