

your Self



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Go Greek

You'll swoon over this yummy, protein-packed yogurt.

WITH THE MEDLEY OF CUSTARD-LIKE CONCOCTIONS, SOY-BASED VERSIONS AND SLURPABLE PERMUTATIONS ON THE MARKET, you'd think there was nothing new to love about yogurt.

Enter the Greek variety.

Aficionados praise the velvety, smooth texture and rich taste. Greek yogurt is thicker than regular yogurt because more of the liquid whey has been strained away, giving it a consistency akin to sour cream.

What's more, 8 oz. of plain, whole-milk Greek yogurt has more than 20 grams of protein – double the protein of most

other varieties. That means you stay fuller longer and get half of your daily protein requirement in one serving.

Still not starry-eyed? Greek yogurt is lower in lactose than regular, so it is easier on the lactose-intolerant. In cooking and baking, it's less likely to curdle. And Ana Luque, author of *The Yogurt Diet* (Salud Life, 2008), says it's also higher in probiotics, the live bacterial cultures that are good for your gut.

It's a little lower in calcium and higher in fat (low-fat versions are available), but the protein in Greek yogurt, if not the lush flavor, makes it worth a fling.

– ELLEN FIX

