

Greek yogurt is high in protein

Greek yoghurt has up to four times the amount of protein as regular yogurt. A 6 to 7 ounce serving of Greek yoghurt can offer 18 to 20 grams of protein.

Other Benefits

1. It improves digestion.
2. It boosts immunity.
3. It promotes weight loss.
4. It prevents osteoporosis.
5. It reduces cholesterol.



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Source-Amande Yougurt



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