

## Greek Yogurt vs Regular Yogurt (vsdiff.com)

<b>Feature</b>	<b>Greek yogurt (per 100g)</b>	<b>Regular yogurt (per 100g)</b>
Protein	≈ 8-11 g	≈ 3-5 g
Fat (whole milk versions)	≈ 4-10 g	≈ 3-5 g
Calories	≈ 90-150 kcal	≈ 60-120 kcal
Sugar (lactose + added)	≈ 3-6 g	≈ 4-8 g
Calcium	≈ 100-150 mg	≈ 120-170 mg
Texture / Production	Strained (thicker); whey removed	Unstrained (smoother); whey retained
Typical culinary uses	Sauces, marinades, high-protein snacks	Smoothies, dressings, baking
Probiotic activity	Often present; depends on strain	Often present; depends on strain

Source: <https://vsdiff.com/greek-yogurt-vs-regular-yogurt/>