



CORNUCOPIA
I N S T I T U T E

Cornucopia Yogurt Buyer's Guide

This buyer's guide is based on information from ingredient labels, testing, and, in the case of organic brands, the brand's score on Cornucopia's organic dairy scorecard. This buyer's guide rates brands as a whole, not individual products or flavors. To read our Yogurt Report "Culture Wars" visit <http://www.cornucopia.org/yogurt/>. NOTE: UPDATED 12/12/15

Brand	Score	Brand	Score	Brand	Score
Butterworks	1670	Harris Teeter (Organic)	975	Meadow Gold	600
Maple Hill Creamery	1645	Snowville Creamery	975	Alpina	575
Seven Stars Farm	1620	Siggi's	965	Fruition	575
Thomas Creamery	1605	Epic Seed	965	Horizon Organic	575
Trimona	1600	Bellweather Farms	945	La Yogurt	575
White Mountain (Organic)	1600	Health Valley	935	Müller	575
Traders Point Creamery	1575	Dreaming Cow	925	Oberweis	575
Trickling Springs Creamery	1555	Newmans Own	905	Upstate Farms	575
Organic Valley	1525	Mountain High Yoghurt	875	Shoprite	550
Hawthorne Valley	1515	Yakult	875	Lucerne (Safeway)	525
Berle Farm	1500	Fage	875	Karoun/Gopi	525
Verka (Organic)	1500	Yami (Organic)	865	ShurFine	525
Straus Family Creamery	1475	Powerful Yogurt	845	Green Mountain (Conv.)	525
Yoatz	1475	Simply Balanced (Target)	825	Cabot	475
Pavel's (Organic)	1400	Springbrook	825	Crystal Creamery	475
Latta	1345	Green Mountain (Organic)	815	Harris Teeter (Conv.)	475
Nancy's (Organic)	1325	Alta Dena	800	Liberté	475
Green Valley Organics	1305	365 Everyday (Conv.)	775	Sunnyside Farms	475
Kalona Supernatural	1275	Brown Cow	775	Yami (Conventional)	475
Smari	1255	Clover Farms (Conv.)	775	Berkeley Farms	450
Erivan	1200	The Greek Gods	775	Zoi	425
Verka (Conventional)	1200	Open Nature (Safeway)	775	Essential Everyday	375
White Mountain (Conv.)	1200	Simple Truth (Kroger) (Org)	775	Wegman's (Conventional)	375
Helios	1195	Redwood Hill (Organic)	770	Westby	375
Black Sheep	1190	Tarte	745	Simple Truth (Kroger) (Conv)	350
Blue Hill	1175	Darigold	725	Albertson's	325
Clover Farms (Organic)	1175	Nancy's (Conventional)	725	El Mexicano	300
Wallaby Organic	1175	Noosa Yoghurt	725	Stop 'n Shop	300
SideHill Farm	1140	Nostimo	725	YoCrunch	300
Dahlicious Lassi	1125	Olympus (Conventional)	725	Friendly Farms (Aldi)	275
Lifeway (Organic)	1095	Taste of Inspiration	725	Axelrod	250
Saint Benoit	1075	Tillamook	725	Belfonte	250
Atlanta Fresh	1075	Trader Joe's (Organic)	725	Crowley	250
Pavel's (Conventional)	1075	Lifeway (Conventional)	695	My Essentials	225
365 Everyday (Organic)	1075	Evolve	695	Activia	200
Stonyfield	1075	Chobani	675	Chuck E. Cheese	200
Wegman's (Organic)	1075	HEB	675	Great Value	200
Olympus (Organic)	1025	Prairie Farms	675	LaLa	200
Rochdale Farms	1005	Kirkland	625	Kemps	175
Byblos	1000	Old Home	625	Specially Selected (Aldi)	175
Coach Farm	1000	Skyr	625	Yoplait	175
Maia	995	Trader Joe's (Conv.)	625	Dannon	50
O Organics (Safeway)	975	Voskos	625	Hiland	50