



A Teaspoon Guide to Australian Yoghurts

The following lists set out the Yoghurt on sale in Australia that have the least sugar (the Best 10), those that have the most sugar (the Worst 10) and a complete listing of all of them.

The complete listing also includes a handy teaspoon reckoner so you can see how many spoonfuls of sugar you will get in a standard serve of that Yoghurt.

I have assumed that lactose accounts for 4.7g per hundred of the sugars listed on the label. Besides lactose, most of the sugar in yoghurt is generally added fructose or sugars associated with the fruit flavourings. In some instances, the sweetener being used is 'fruit juice extract' which is pure fructose. So you could safely double the estimate for the teaspoon equivalent. Treat the lists below as the minimum amount of sugar you will get in the product.

The percentages used below have been calculated using the 'sugars' amount on the label and subtracting 4.7g for lactose.

The Best 10

| | | |
|----|------------------------------------|-----------------|
| 1 | Jalna Biodynamic Fat Free | 0.0% |
| 2 | Nestlé Diet Range | *^0.1%- 0.9% |
| 3 | Yoplait formé Range | *^0.4%- 1.1% |
| 4 | Jalna Genuine Leben European Style | 0.5% |
| 5 | Pauls Ideal Natural | 0.6% |
| 6 | Jalna Fat Free Natural | 0.8% |
| 7 | Jalna Whole Milk Natural | 0.9% |
| 8 | Dairy Farmers European Style | 1.1% |
| 9 | Jalna Biodynamic Whole Milk | 1.3% |
| 10 | Dairy Farmers Traditional | 1.6% |

* Sweetened with Acesulphame Potassium

^ Sweetened with Aspartame

The Worst 10

| | | |
|---|-------------------------------------|-----------------|
| 1 | Ski Double Up Range | 17.6%- 13.3% |
| 2 | Nestlé All Natural Muesli Cup Range | 15.0%- 12.3% |

| | | |
|----|--------------------------------|-----------------|
| 3 | Ski D'Lite Honey Buzz | 13.8% |
| 4 | Vaalia Low Fat Lemon Crème | 13.4% |
| 5 | Vaalia Vanilla on Lemon Crème | 12.8% |
| 6 | Yoplait Go-Gurt Range | 12.8%- 12.2% |
| 7 | Yoplait Smackers Range | 12.6%- 12.0% |
| 8 | Nestlé Real Fruit Range | 12.4%- 11.2% |
| 9 | Yoplait Lite French Cheesecake | 12.4% |
| 10 | Pauls Lite Vanilla | 12.1% |

The Complete List

I've increased the serving size for the yoghurts. A 200g serve is a small tub and is the size most frequently sold in supermarkets for most brands. Children's yoghurts are sometimes sold in smaller sizes (such as 100g or even 60g for Petit Miam), but for the sake of comparison all sizes are have been converted to a 200g serve.

| <i>Non- Lactose Teaspoons per Serve (200g)</i> | <i>Yoghurt</i> | <i>Total Sugar</i> | <i>Non-Lactose</i> |
|--|--|--------------------|--------------------|
| Bornhoffen | | | |
| ☉●●● | Apricot & Honey | 11.3% | 6.6% |
| ● | Natural | 6.9% | 2.2% |
| ●●● | Strawberry & Honey | 10.4% | 5.7% |
| Bulla | | | |
| ●●●●● | Gourmet Yoghurt Crumbles Blackberry with Honey Oat | 15.3% | 10.6% |
| ●●●●● | Gourmet Yoghurt Crumbles Passionfruit | 15.2% | 10.5% |
| ☉●●●● | Gourmet Yoghurt Crumbles Summer Berries with Honey Oat | 14.3% | 9.6% |
| ☉●●●● | Greek Style Baked Apple | 13.6% | 8.9% |
| ☉●●●● | Greek Style Blackberry & Blueberry | 14.7% | 10.0% |
| ●●●●● | Greek Style Bush Honey | 14.3% | 9.6% |
| ●●●●● | Greek Style Mango & Passionfruit | 14.0% | 9.3% |
| ●●●●● | Greek Style Peach Mango & Nectarine | 14.0% | 9.3% |
| ●●●●● | Greek Style Raspberry Blackberry & Boysenberry | 13.9% | 9.2% |
| ☉●●●● | Greek Style Rhubarb & Apple | 14.0% | 9.3% |
| ●●●●● | Greek Style Strawberry | 14.2% | 9.5% |
| ●●●●● | Greek Style Tropical Fruits | 14.8% | 10.1% |
| ●●●●● | Lite'N Healthy Apricot | 15.3% | 10.6% |
| ☉●●●●● | Lite'N Healthy Fruit Salad | 15.5% | 10.8% |
| ☉●●●● | Lite'N Healthy Mango | 13.4% | 8.7% |
| ●●●●● | Lite'N Healthy Passionfruit | 14.8% | 10.1% |
| ●●●● | Lite'N Healthy Plain | 12.5% | 7.8% |

| <i>Non- Lactose Teaspoons per Serve (200g)</i> | <i>Yoghurt</i> | <i>Total Sugar</i> | <i>Non-Lactose</i> |
|--|--------------------------------------|--------------------|--------------------|
| ●●●●● | Lite'N Healthy Raspberries & Cream | 15.1% | 10.4% |
| ○●●●●● | Lite'N Healthy Strawberry | 15.7% | 11.0% |
| ●●●●● | Lite'N Healthy Vanilla | 14.1% | 9.4% |
| ○●●●●● | Lite'N Healthy Wildberry | 15.6% | 10.9% |
| Dairy Farmers | | | |
| ●●●●● | Daily All Flavours | 13.9% | 9.2% |
| ○●●●●● | Deli Plain | 13.8% | 9.1% |
| ● | European Style | 5.8% | 1.1% |
| ●●●●● | Thick & Creamy Banana | 15.0% | 10.3% |
| ○●●●●● | Thick & Creamy Bush Honey | 16.3% | 11.6% |
| ●●●●● | Thick & Creamy Citrus Cheesecake | 14.5% | 9.8% |
| ●●●●● | Thick & Creamy Country Vanilla Cream | 15.0% | 10.3% |
| ●●●●● | Thick & Creamy Field Strawberries | 14.1% | 9.4% |
| ●●●●● | Thick & Creamy Peach & Mango | 14.5% | 9.8% |
| ●●●●● | Thick & Creamy Raspberry & Cream | 14.8% | 10.1% |
| ●●●●● | Thick & Creamy Strawberries & Cream | 14.0% | 9.3% |
| ●●●●● | Thick & Creamy Velvety Vanilla | 15.1% | 10.4% |
| ○●●●●● | Thick & Creamy Vine Passionfruit | 14.2% | 9.5% |
| ● | Traditional | 6.3% | 1.6% |
| ● | Traditional Lite | 6.5% | 1.8% |
| Jalna | | | |
| ○●●●● | Biodynamic Blueberry | 11.5% | 6.8% |
| ●●●●● | Biodynamic Bush Honey | 11.8% | 7.1% |
| ○ | Biodynamic Fat Free | 4.1% | -0.6% |
| ● | Biodynamic Whole Milk | 6.0% | 1.3% |
| ●●● | Fat Free Apricot | 11.2% | 6.5% |
| ●●●●● | Fat Free Berryfruits | 12.5% | 7.8% |
| ● | Fat Free Natural | 5.5% | 0.8% |
| ○ | Genuine Leben European Style | 5.2% | 0.5% |
| ●●● | Low Fat Fruit Salad | 11.1% | 6.4% |
| ●●● | Low Fat Strawberry | 11.1% | 6.4% |
| ● | Premium Creamy Blend | 6.7% | 2.0% |
| ●●●●● | Premium Creamy Fruits of the Forrest | 12.0% | 7.3% |
| ●●● | Premium Creamy Peach Mango | 11.2% | 6.5% |

| <i>Non- Lactose Teaspoons per Serve (200g)</i> | <i>Yoghurt</i> | <i>Total Sugar</i> | <i>Non-Lactose</i> |
|--|---|--------------------|--------------------|
| ●●●● | Premium Creamy Strawberry | 12.0% | 7.3% |
| ○●●● | Premium Creamy Swiss Custard | 11.5% | 6.8% |
| ●●●● | Premium Creamy Vanilla | 12.0% | 7.3% |
| ●●● | Vitalize | 10.7% | 6.0% |
| ○ | Whole Milk Natural | 5.6% | 0.9% |
| Nestlé | | | |
| ○●●● | All Natural 98% Fat Free Field Berries | 11.3% | 6.6% |
| ●●●● | All Natural 98% Fat Free Mango | 11.9% | 7.2% |
| ●● | All Natural 98% Fat Free Natural Style | 8.8% | 4.1% |
| ○●●● | All Natural 98% Fat Free Natural Style with Yello Box Honey | 11.4% | 6.7% |
| ○●●● | All Natural 98% Fat Free Orchard Apricot | 11.4% | 6.7% |
| ●●● | All Natural 98% Fat Free Passionfruit | 11.1% | 6.4% |
| ○●●● | All Natural 98% Fat Free Pomegranate | 11.5% | 6.8% |
| ●●● | All Natural 98% Fat Free Strawberry | 11.1% | 6.4% |
| ●●● | All Natural 98% Fat Free Vanilla Hazelnut | 11.0% | 6.3% |
| ○●●●● | All Natural Boysenberry Crème | 13.6% | 8.9% |
| ●●●●● | All Natural Crème Delights Mango | 14.9% | 10.2% |
| ○●●●● | All Natural Crème Delights Strawberry | 13.5% | 8.8% |
| ●●●● | All Natural Crème Delights Vanilla | 13.3% | 8.6% |
| ●●●●● | All Natural Mango Crème | 14.9% | 10.2% |
| ●●●●●● | All Natural Muesli Cups Mixed Berry | 19.3% | 14.6% |
| ●●●●●● | All Natural Muesli Cups Peach Mango | 19.5% | 14.8% |
| ●●●●●● | All Natural Muesli Cups Plain | 17.0% | 12.3% |
| ○●●●●●● | All Natural Muesli Cups Tropical | 19.7% | 15.0% |
| ○●●●● | All Natural Mulberry | 14.0% | 9.3% |
| ○●●●● | All Natural Passionfruit | 13.9% | 9.2% |
| ○●●●● | All Natural Strawberry | 13.5% | 8.8% |
| ●●●● | All Natural Vanilla | 13.3% | 8.6% |
| ○ | Diet Apple Cinnamon | 5.2% | 0.5% |
| ○ | Diet Apricot | 5.3% | 0.6% |
| ○ | Diet Banana | 5.3% | 0.6% |
| ○ | Diet Black Cherry | 5.3% | 0.6% |
| ○ | Diet Fruit Salad | 5.3% | 0.6% |
| ○ | Diet Mixed Berry | 4.9% | 0.1% |

| <i>Non- Lactose Teaspoons per Serve (200g)</i> | <i>Yoghurt</i> | <i>Total Sugar</i> | <i>Non-Lactose</i> |
|--|-------------------------------|--------------------|--------------------|
| ● | Diet Nectarine | 5.5% | 0.8% |
| ○ | Diet Passionfruit | 4.8% | 0.1% |
| ● | Diet Peach Mango | 5.6% | 0.9% |
| ○ | Diet Strawberry | 4.8% | 0.1% |
| ○ | Diet Vanilla Flavour | 5.3% | 0.6% |
| ●●●●●● | Real Fruit Apricot | 16.6% | 11.9% |
| ●●●●●● | Real Fruit Banana | 17.1% | 12.4% |
| ●●●●●● | Real Fruit Peach Mango | 16.8% | 12.1% |
| ●●●●●● | Real Fruit Raspberry | 16.7% | 12.0% |
| ●●●●●● | Real Fruit Strawberry | 16.4% | 11.7% |
| ●●●●●● | Real Fruit Vanilla | 17.1% | 12.4% |
| ●●●●●● | Real Fruit Vanilla Peach | 16.8% | 12.1% |
| ○●●●●● | Real Fruit Vanilla Strawberry | 15.9% | 11.2% |
| Pauls | | | |
| ○●●●● | Dora the Explorer Banana | 11.6% | 6.9% |
| ○●●●● | Dora the Explorer Peach Pear | 11.3% | 6.6% |
| ●●●● | Dora the Explorer Strawberry | 11.1% | 6.4% |
| ●●●● | Family Snack Pack Strawberry | 13.2% | 8.5% |
| ○●●●●● | Family Snack Pack Vanilla | 15.5% | 10.8% |
| ●●●●●● | Full-Fat Fruit Salad | 14.0% | 9.3% |
| ●●●●● | Full-Fat Passionfruit | 13.1% | 8.4% |
| ●●●●●● | Full-Fat Smooth Passionfruit | 14.1% | 9.4% |
| ●●●●● | Full-Fat Strawberry | 13.1% | 8.4% |
| ●●●●●● | Full-Fat Vanilla | 15.0% | 10.3% |
| ○ | Ideal Natural | 5.3% | 0.6% |
| ●●●●●● | Lite Fruit Salad | 14.6% | 9.9% |
| ○●●●●● | Lite Passionfruit | 13.5% | 8.8% |
| ○●●●●● | Lite Strawberry | 13.7% | 9.0% |
| ●●●●●● | Lite Vanilla | 16.8% | 12.1% |
| ●● | Natural Set Full Fat | 8.0% | 3.3% |
| ● | Natural Set Greek | 6.5% | 1.8% |
| ●● | Natural Set Light | 8.0% | 3.3% |
| ○●●●● | Wiggles Peach Pear | 11.3% | 6.6% |
| ●●●● | Wiggles Strawberry | 11.1% | 6.4% |

| <i>Non- Lactose Teaspoons per Serve (200g)</i> | <i>Yoghurt</i> | <i>Total Sugar</i> | <i>Non-Lactose</i> |
|--|---|--------------------|--------------------|
| ☉●●●● | Wiggles Vanilla | 11.3% | 6.6% |
| ●●●●● | Wiggles Vanilla on Real Fruit, Apricot | 12.8% | 8.1% |
| ●●●●● | Wiggles Vanilla on Real Fruit, Blackcurrant | 12.9% | 8.2% |
| ●●●●● | Wiggles Vanilla on Real Fruit, Raspberry | 12.7% | 8.0% |
| Ski | | | |
| ●●●●● | Divine Apricot | 14.1% | 9.4% |
| ●●●●● | Divine Berry Heaven | 14.8% | 10.1% |
| ☉●●●● | Divine Black Cherry | 13.6% | 8.9% |
| ●●●●● | Divine Mango | 14.8% | 10.1% |
| ●●●●● | Divine Pure Passion | 13.3% | 8.6% |
| ●●●●● | Divine Raspberry Crème | 15.0% | 10.3% |
| ●●●●● | Divine Tropical Fruit Salad | 14.6% | 9.9% |
| ●●●●● | Divine Vanilla Crème | 14.5% | 9.8% |
| ●●●●● | Ski Divine Wild Blueberry | 14.3% | 9.6% |
| ☉●●●● | Divine Wild Strawberry | 13.8% | 9.1% |
| ●●●●● | D'Lite Apple Rhubarb | 15.2% | 10.5% |
| ☉●●●●● | D'Lite Apricot Crème | 15.7% | 11.0% |
| ●●●●● | D'Lite Apricot Passion | 14.4% | 9.7% |
| ☉●●●●● | D'Lite Berry Basket | 15.6% | 10.9% |
| ●●●●● | D'Lite Caramel Cheesecake | 14.6% | 9.9% |
| ●●●●●● | D'Lite Honey Buzz | 18.5% | 13.8% |
| ●●●●● | D'Lite Island Escape | 15.0% | 10.3% |
| ☉●●●●● | D'Lite Mango | 15.6% | 10.9% |
| ●●●●● | D'Lite Mango Passion | 14.5% | 9.8% |
| ☉●●●● | D'Lite Passionfruit | 13.8% | 9.1% |
| ●●●●● | D'Lite Peach 'n' Mango | 14.4% | 9.7% |
| ●●●●● | D'Lite Strawberry Mango | 14.4% | 9.7% |
| ☉●●●●● | D'Lite Sweet Mandarin | 15.8% | 11.1% |
| ●●●●● | D'Lite Vanilla Black Cherry | 14.3% | 9.6% |
| ●●●●● | D'Lite Vanilla Boysenberry | 14.4% | 9.7% |
| ●●●●● | D'Lite Vanilla Cinnamon | 15.1% | 10.4% |
| ☉●●●●● | D'Lite Vanilla Crème | 15.5% | 10.8% |
| ●●●●●● | D'Lite White Raspberry | 16.0% | 11.3% |
| ●●●●● | D'Lite Wild Strawberry | 14.5% | 9.8% |

| <i>Non- Lactose Teaspoons per Serve (200g)</i> | <i>Yoghurt</i> | <i>Total Sugar</i> | <i>Non-Lactose</i> |
|--|---------------------------------------|--------------------|--------------------|
| ☉●●●●●●● | Double Up Apple Crumble | 18.0% | 13.3% |
| ●●●●●●●●●● | Double Up Apple Strudel | 22.3% | 17.6% |
| ●●●●●●●● | Double Up Berry Crumble | 18.9% | 14.2% |
| ☉●●●●●● | Double Up Crunch Muesli | 15.6% | 10.9% |
| ●●●●●●●●●● | Double Up Mixed Berry | 21.1% | 16.4% |
| ●●●●●● | Double Up Strawberry with Muesli | 14.7% | 10.0% |
| Uncle Tobys | | | |
| ●●●●● | Healthwise for Bones Passionfruit | 12.8% | 8.1% |
| ●●●●● | Healthwise for Bones Strawberry | 13.3% | 8.6% |
| ●●●●● | Healthwise for Digestion Mixed Berry | 12.9% | 8.2% |
| ☉●●●● | Healthwise for Digestion Strawberry | 11.9% | 7.2% |
| ●●●●● | Healthwise for Heart Mango | 13.3% | 8.6% |
| ●●●●● | Healthwise for Heart Strawberry | 13.3% | 8.6% |
| ●●●●●● | Yoghurt & Muesli Mixed Berry | 15.2% | 10.5% |
| ●●●●●● | Yoghurt & Muesli Peach & Mango | 15.4% | 10.7% |
| ●●●●●● | Yoghurt & Muesli Strawberry | 15.4% | 10.7% |
| Vaalia | | | |
| ●●●●●●● | Duos Vanilla on Lemon Crème | 17.5% | 12.8% |
| ☉●●●●●● | Duos Vanilla on Luscious Berries | 15.8% | 11.1% |
| ●●●●●● | Lactose Free Apricot & Mango | 14.5% | 9.8% |
| ●●●●● | Lactose Free French Vanilla | 13.3% | 8.6% |
| ●●●●●● | Lactose Free Strawberry | 15.0% | 10.3% |
| ●●●●●● | Lactose Free Vanilla Blueberry | 14.6% | 9.9% |
| ☉●●●●● | Low Fat Apricot Mango Peach | 14.4% | 9.7% |
| ☉●●●●●● | Low Fat French Vanilla | 16.3% | 11.6% |
| ●●●●●● | Low Fat Golden Kiwi & Mango | 14.6% | 9.9% |
| ☉●●●●●● | Low Fat Honey Walnut | 16.0% | 11.3% |
| ☉●●●●●●● | Low Fat Lemon Crème | 18.1% | 13.4% |
| ●●●●●● | Low Fat Luscious Berries | 14.9% | 10.2% |
| ☉●●●●● | Low Fat Mango Passionfruit | 14.4% | 9.7% |
| ●● | Low Fat Natural | 8.7% | 4.0% |
| ☉●●●●● | Low Fat Omega 3 Orange Mango Chai | 14.1% | 9.4% |
| ☉●●●●● | Low Fat Omega 3 Pomegranate Raspberry | 13.9% | 9.2% |
| ●●●●●● | Low Fat Omega 3 Vanilla Mango | 14.6% | 9.9% |

| <i>Non- Lactose Teaspoons per Serve (200g)</i> | <i>Yoghurt</i> | <i>Total Sugar</i> | <i>Non-Lactose</i> |
|--|-------------------------------|--------------------|--------------------|
| ●●●●●● | Low Fat Passionfruit | 16.4% | 11.7% |
| ○●●●●● | Low Fat Pomegranate Raspberry | 13.9% | 9.2% |
| ●●●●●● | Low Fat Smooth Passionfruit | 15.3% | 10.6% |
| ○●●●●●● | Low Fat Strawberry | 15.7% | 11.0% |
| ●●●●●● | Low Fat Vanilla Blueberry | 15.4% | 10.7% |
| ●●●● | My First Yoghurt Banana | 10.0% | 5.3% |
| ●●●● | My First Yoghurt Vanilla | 10.0% | 5.3% |
| ●● | Natural Greek Style | 8.1% | 3.4% |
| ●● | Natural Low Fat | 8.7% | 4.0% |
| Yoplait | | | |
| ●●●●●● | Baby Banana | 14.2% | 9.5% |
| ○●●●●● | Baby Peach | 13.6% | 8.9% |
| ○●●●●● | Baby Pear | 13.5% | 8.8% |
| ●●●●●● | Baby Vanilla | 14.2% | 9.5% |
| ●●●●● | Elivae Fig & Honey | 12.6% | 7.9% |
| ●●●●● | Elivae Pear | 12.8% | 8.1% |
| ●●●●● | Elivae Prune | 12.4% | 7.7% |
| ○●●●● | Elivae Rhubarb & Apple | 11.4% | 6.7% |
| ○●●●● | Elivae Strawberry | 11.7% | 7.0% |
| ●●●●● | Elivae Vanilla | 12.6% | 7.9% |
| ● | forme Apple Pie | 5.7% | 1.0% |
| ○ | forme Apricot | 5.4% | 0.7% |
| ● | forme Banana & Creamy Honey | 5.8% | 1.1% |
| ○ | forme Berry Brulee | 5.5% | 0.8% |
| ○ | forme Black Cherry | 5.5% | 0.8% |
| ○ | forme Boysenberry | 5.3% | 0.6% |
| ○ | forme Classic Cheesecake | 5.3% | 0.6% |
| ○ | forme French Vanilla | 5.1% | 0.4% |
| ● | forme Mango | 5.6% | 0.9% |
| ○ | forme Passionfruit | 5.2% | 0.5% |
| ○ | forme Peach Mango | 5.4% | 0.7% |
| ○ | forme Strawberry | 5.1% | 0.4% |
| ○ | forme Tropical | 5.5% | 0.8% |
| ○ | forme White Peach | 5.1% | 0.4% |

| <i>Non- Lactose Teaspoons per Serve (200g)</i> | <i>Yoghurt</i> | <i>Total Sugar</i> | <i>Non-Lactose</i> |
|--|-----------------------------|--------------------|--------------------|
| ●●●●●● | Go-Gurt Blueberry | 17.5% | 12.8% |
| ●●●●●● | Go-Gurt Raspberry | 17.3% | 12.6% |
| ●●●●●● | Go-Gurt Strawberry | 17.3% | 12.6% |
| ●●●●●● | Go-Gurt Tubes Apricot | 16.9% | 12.2% |
| ●●●●●● | Go-Gurt Tubes Fruit Salad | 17.1% | 12.4% |
| ●●●●●● | Go-Gurt Tubes Raspberry | 17.3% | 12.6% |
| ●●●●●● | Go-Gurt Tubes Strawberry | 17.3% | 12.6% |
| ●●●●●● | Lite Apple Tart | 15.1% | 10.4% |
| ●●●●●● | Lite Apricot | 14.6% | 9.9% |
| ●●●●●● | Lite Berry Bliss | 15.0% | 10.3% |
| ●●●●●● | Lite Blueberry | 15.7% | 11.0% |
| ●●●●●● | Lite Creamy Vanilla | 15.9% | 11.2% |
| ●●●●●● | Lite French Cheesecake | 17.1% | 12.4% |
| ●●●●●● | Lite Fruit Salad | 15.2% | 10.5% |
| ●●●●●● | Lite Lemon Meringue | 14.8% | 10.1% |
| ●●●●●● | Lite Mango | 15.5% | 10.8% |
| ●●●●●● | Lite Passionfruit | 14.3% | 9.6% |
| ●●●●●● | Lite Rhubarb Custard | 16.1% | 11.4% |
| ●●●●●● | Lite Strawberry | 15.1% | 10.4% |
| ●●●●●● | Lite Vanilla Caramel | 15.7% | 11.0% |
| ●●●●●● | Original Banana Honey | 15.5% | 10.8% |
| ●●●●●● | Original Berry Bliss | 14.8% | 10.1% |
| ●●●●●● | Original Creamy Honey | 16.6% | 11.9% |
| ●●●●●● | Original Creamy Vanilla | 15.8% | 11.1% |
| ●●●●●● | Original Forest Berries | 14.9% | 10.2% |
| ●●●●●● | Original Mango | 15.4% | 10.7% |
| ●●●●●● | Original Strawberry | 15.0% | 10.3% |
| ●●●●●● | Original Vanilla Swirl | 15.8% | 11.1% |
| ●●●●●● | Petit Miam Apricot | 14.3% | 9.6% |
| ●●●●●● | Petit Miam Banana | 14.3% | 9.6% |
| ●●●●●● | Petit Miam Fruit Salad | 14.3% | 9.6% |
| ●●●●●● | Petit Miam Raspberry | 14.3% | 9.6% |
| ●●●●●● | Petit Miam Strawberry | 14.0% | 9.3% |
| ●●●●●● | Petit Miam Strawberry Peach | 14.3% | 9.6% |

| <i>Non- Lactose Teaspoons per Serve (200g)</i> | <i>Yoghurt</i> | <i>Total Sugar</i> | <i>Non-Lactose</i> |
|--|-------------------------------|--------------------|--------------------|
| ●●●●● | Petit Miam Vanilla | 14.3% | 9.6% |
| ●●●●● | Petit Miam Vanilla Peach | 14.3% | 9.6% |
| ●●●●● | Petit Miam Vanilla Strawberry | 14.5% | 9.8% |
| ●●●●●● | Smackers Bubblegum | 16.8% | 12.1% |
| ●●●●●● | Smackers Peach | 17.0% | 12.3% |
| ●●●●●● | Smackers Pineapple | 17.0% | 12.3% |
| ●●●●●● | Smackers Strawberry | 17.3% | 12.6% |
| ●●●●●● | Smackers Strawberry Scoop | 16.7% | 12.0% |
| ●●●●●● | Smackers Vanilla Dream | 17.0% | 12.3% |
| ●● | Yoplus Natural | 8.3% | 3.6% |
| You'll Love Coles | | | |
| ●● | Greek Style | 7.9% | 3.2% |
| ●●●●● | Lite Blueberry | 13.7% | 9.0% |
| ●●●●● | Lite Mango | 14.3% | 9.6% |
| ●●●●● | Lite Peach & Mango | 12.9% | 8.2% |
| ●●●●● | Lite Strawberry | 13.0% | 8.3% |
| ●●●●● | Lite Vanilla | 14.0% | 9.3% |
| ●●●●● | Mixed Berry | 14.7% | 10.0% |
| ● | Natural Set | 6.6% | 1.9% |
| ●●●●● | Peach Mango & Passionfruit | 13.6% | 8.9% |
| ●●●●● | Strawberry | 13.6% | 8.9% |
| ●●●●● | Vanilla | 14.7% | 10.0% |