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Little by little plain yogurt is overtaking the flavored variety in my daily food plan.

Thursday, May 16, 2013

I'm the Queen of Gradualism in all things – weight loss, fitness improvement and now sugar reduction.

I love my organic yogurt but my flavor of choice is French Vanilla. I buy it by the quart and eat 8 oz or more per day. I add my own fruit to it too.

Recently I bought a quart of "plain" by accident. Unfortunately, I have to like my food and I don't like plain yogurt. I was surprised to see that it had half the sugar of my favorite, but that still wasn't enough of an incentive for me to eat it.

I'm too thrifty a person to throw it out and DH won't eat any yogurt. So I mixed one tablespoon of the plain stuff with the French Vanilla (still 1 cup total). That totally disguised it so I continued the experiment bit by bit.

It's been about a month but my mixture is now half and half. Now I buy a quart of each variety. My taste buds are still happy and I've reduced the sugar content by 8 grams. I don't know how long this will continue, but I like the trend.

This would be too slow for a lot of people, but when I began my weight loss journey, my calorie deficit was only 250 calories per day. When I started running I increased my running intervals by 15 seconds per week. I'm a very patient person.

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CD13167855
I only buy the plain.
2948 days ago



CD13202979
Slow and Steady wins the race!
2949 days ago





CELIAMINER

Wow, the comments were as educational as your blog! I like plain Greek yogurt with a little honey, fresh berries, and ground flax seed.
2950 days ago



MISCHAKEO

Great job of being patient with change. I love greek yogurt and use it with berries or in place of sour cream.



2950 days ago



LEWILL1982

I tried to respond to this yesterday and my computer spazzed on me. I think I was going to suggest adding canned pumpkin to your plain yogurt. I also add fruit, cinnamon, nuts, honey and sometimes apple butter.
2950 days ago



CD13886868

You have a lot of patience! But I like your style of mixing the two. And honestly you made me feel kind of good for not being further along, because if you can take the time to do things slowly



then I can, too.
2950 days ago



CD12146214

My absolute favourite is homemade Tzadiki with lots of garlic....I eat that every day using plain strained yogurt (you take out the whey overnight), shredded seedless cucumbers, fresh dill and garlic. I have it with some type of vegetable 5 out of 7 days a week
2950 days ago



SUNSET09

I enjoy the plain greek yogurt however, I add honey for flavor and it works for me. We can retrain our taste buds. I'm like you as well, not wanting to be wasteful. Keep up the good work!



2950 days ago

Comment edited on: 5/16/2013 12:53:56 PM



CHERALA

WooHoo for gradual changes that you can adapt and make your own!



I grew up eating plain yogurt and adding either fruit or a spoonful of jam/jelly to it was all I knew. It's still what I still do today and even my husband even prefers it to "flavored" yogurt.

2951 days ago



DR1939

The tortoise wins again!
2951 days ago



CD13024654

Good for you! Even *baby* steps in the right direction are still STEPS IN THE RIGHT DIRECTION!
2951 days ago



JAHINTZY

oo that's a good idea! I love my vanilla yogurt but the brand I buy (because it's what I can afford) puts too much sugar in it. It even tastes too sweet to me. But I don't like plain yogurt all that much and if I do buy it and doctor it I end up adding a fair amount of sugar to it anyway. thanks for sharing! don't know why I didn't think of that :-p
2951 days ago



WILSONWR

I'm glad you found a way to incorporate the plain yogurt into your meal. Slow is good...
2951 days ago





COCK-ROBIN
Good for you!
2951 days ago



CD13136117
Love your patience, and your resourcefulness in learning to like plain yogurt!!
2951 days ago



NANNABLACK
I like doing this with the food I love. I was drinking 1% milk and wanted to go fat free. So I would buy a gallon of each and poured 1/2 and 1/2 to my glass. I am now drinking just fat free milk.



2951 days ago





WATERMELLEN
Lots of wisdom in slow incremental change: the kind that lasts! I love my Greek fat free sugar free with berries (and maybe just a little Splenda . . . !!: I do avoid aspartame).
2951 days ago



ONEKIDSMOM
Patience is a virtue! I tend to make a huge change, then take a step back, and regress for a while... then tease myself back to it more gradually.



Plain yogurt? Been so glad to find my favorite brand in single serving sizes!  Gotta like your food... absolutely! 
2951 days ago



DOVESEYES
Fantastic!!!
2951 days ago



SLENDERELLA61
Love it! Great gradualism. That's a great way to make positive changes. Good for you!!!
2951 days ago



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