



# BROOKLYN\_BORN

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## I ate "like a Viking"

Saturday, August 29, 2015

Thursday morning we drove to TN for one our regular visits to MIL in her nursing home. This is always stressful – the 4 hour drive plus the days in the home itself. However, this time it was less stressful than the atmosphere in our town where the reporters were killed the day before. As I wrote in an earlier blog, if I walk over to a neighbor’s house I have a clear view of the shopping plaza across the lake where the crime occurred.

I was determined to eat sensibly in TN and that’s not easy. My solution, with DH’s agreement, was to drive several miles from the home to a “Fresh Market” for bring back lunch and healthy snacks. We had a fridge in our hotel room to stash stuff.

This blog is about a snack I never had before. I love yogurt and buy organic Stonyfield at home.

This brand was called “Smari” – organic Icelandic yogurt.

All the way from Iceland? I had to try that.

In a 5 oz container:

17g protein, 4g sugar, 0 fat and 80 cal.

Ingredients: “organic pasteurized skim milk, live and active cultures. That’s it!

It was really, really thick, but OK when I mixed in my favorite red grapes.

Then on the inside of the label, visible only when I emptied the container, I read this.

It’s a superfood, thicker than other yogurts, higher in protein, lower in sugar, gluten free.

It’s kept our Viking ancestors strong through more than a thousand winters.

(It goes on to say)

We want our kids’ food to be free of nasty stuff like pesticides, hormones, GMOs and chemicals. We want the same for your kids too.

What a great philosophy!

Note: I don’t mind 0% fat. Fat creeps into my diet all the time as my tracker verifies.

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## Member Comments About This Blog Post

**GINIEMIE**

Not a big fan of yogurt, but am trying to incorporate some in my diet. Will look for it around





here. We do have a Fresh Market about 20 miles from here, maybe when I take Erik to TBI

support group we'll stop on the way home and check it out.



2108 days ago



**PHEBESS**

Interesting! Do you know what they do to make it so protein dense? As in, is it cow milk or another animal's milk? Concentrated nonfat milk or something? Just curious. (I do love nonfat Greek yogurt with just about any fruit - been enjoying the summer berries!

2111 days ago



**ALICIA363**

Vikings ate yogurt?!? I learn something new every day. Glad you found a way to eat healthy!

2111 days ago



**TERI-RIFIC**

My Nordic relatives were all really healthy eaters! There are no Fresh Markets or Whole Foods even remotely close to us. Next time I have the chance, I'll look for that. I eat Fage, here. It is very high in protein, but I'm not sure about the "organic" part.

2112 days ago



**MARYJEANSL**

The yogurt sounds interesting. Is it thicker even than Greek yogurt? I stopped eating yogurt because I don't like it unless it is sweet = sugar = no, don't want to go there. Speaking of sugar, I just baked a birthday cake to send to my dd, which I intend to pack up and mail without eating a single bite. Hoping my willpower holds out. ;-)

2112 days ago



**PRNCSCUP1-2FULL**

The next time I head to Greensboro I will look for that yogurt! What a wonderful find! Glad you got some healthy snacks for the room!

2112 days ago



**KRISSY82**

Sounds like you found a great new snack!

I have just read your previous blog about the shooting. I didn't realize you lived near it, but I am glad to hear you are okay!

2112 days ago



**FITMARY**

Sounds delicious!!

2112 days ago



**DOVESEYES**



2112 days ago



**NUMD97**

This piqued my curiosity. I went on a quest. Nice packaging, by the way. Did you happen to notice that it is five ounces - one ounce less than the current standard (three down from what it was just several years ago)?

From their site:

<http://smariorganics.com/wp-content/uploads/2014/08/Product-Request-Form-v72914.pdf>

2112 days ago

Comment edited on: 8/29/2015 3:08:06 PM



**PHOENIX1949**



2112 days ago



**ONEKIDSMOM**

I'll have to be on the lookout for smari brand... love my greek style yogurt!

2112 days ago





**CD4114015**



and JUST like the Stonyfield you told me about I SHALL LOOK FOR IT!



2112 days ago



**JANET552**

Sounds wonderful!  
2112 days ago



**WATERMELLEN**

Sound sgreat -- will look for that!!

I eat a lot of Yoplait Source Greek yogurt and absolutely love it, main go-to. Loads of protein, 0 fat and 0 added sugar (yes, it does have a little Splenda): great flavours. But I don't think it's available in the US.

2112 days ago



**MILLEdge2**

I hope your weekend is full of nice little surprises like this and less stressful than usual!  
2112 days ago



**LIVEDAILY**

That is awesome! I do have to admit that I envisioned you pulling up a chair to an endless smorgasboard, along with horned hat and beer vessel, but then I thought, :Nahhh....."

I'll look for this yogurt at my grocery. Have you looked at Fairlife milk? I like them for a couple of different reasons, but ultimately, it's filtered several times, making it higher in protein and lower in carbs than other milks.



2112 days ago



**NELLJONES**

When I think of eating like a Viking, I think of stolen food after killing the owners.  
2112 days ago



**JOHN MARTIN MILES**

WOW! Viking food! I can hear the horn and see the longboats!

Make today the greatest day of your life



Until tomorrow!

2112 days ago



**1BOOMBALATTY**

wow  
2112 days ago



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