

frozen yogurt nutrition info

frozen yogurt nutrition info offers valuable insights into the health aspects of this popular frozen dessert alternative. As consumers increasingly seek healthier options, understanding the nutritional composition of frozen yogurt is essential. Frozen yogurt is often perceived as a better choice compared to traditional ice cream due to its lower fat content and probiotic benefits. However, the actual nutritional value can vary significantly depending on the brand, flavor, and toppings added. This article explores the detailed frozen yogurt nutrition info, including calories, macronutrients, vitamins, minerals, and the potential health benefits. Additionally, it will address common misconceptions and provide guidance on choosing healthier frozen yogurt options. The following sections will provide a comprehensive overview of the nutritional profile and considerations for frozen yogurt consumption.

- Frozen Yogurt Calories and Macronutrients
- Vitamins and Minerals in Frozen Yogurt
- Probiotics and Health Benefits
- Comparing Frozen Yogurt and Ice Cream Nutrition
- Factors Affecting Frozen Yogurt Nutrition
- Tips for Choosing Healthier Frozen Yogurt Options

Frozen Yogurt Calories and Macronutrients

Understanding the caloric content and macronutrient distribution of frozen yogurt is crucial for those monitoring their diet. Frozen yogurt generally contains fewer calories and less fat than traditional ice cream, making it an appealing option for weight-conscious individuals.

Caloric Content

A typical $\frac{1}{2}$ cup serving of plain frozen yogurt contains approximately 100 to 140 calories. However, this number can increase significantly with flavored varieties or added toppings. The calorie count primarily depends on the sugar content and fat percentage used in the recipe.

Macronutrient Breakdown

The macronutrient composition of frozen yogurt includes carbohydrates, proteins, and fats. Carbohydrates in frozen yogurt mainly come from lactose (milk sugar) and added sweeteners. Protein content is moderate, usually ranging from 3 to 6 grams per serving, derived from the dairy base. Fat content is relatively low, typically between 0.5 to 3 grams per serving, depending on whether low-fat or non-fat milk is used.

- **Carbohydrates:** 15-25 grams per serving
- **Protein:** 3-6 grams per serving
- **Fat:** 0.5-3 grams per serving

Vitamins and Minerals in Frozen Yogurt

Frozen yogurt is a source of several essential vitamins and minerals, contributing to its nutritional value. The presence of these micronutrients varies depending on the dairy content and fortification practices.

Calcium Content

Calcium is one of the most abundant minerals in frozen yogurt, supporting bone health and muscle function. A typical serving provides around 10-15% of the recommended daily intake (RDI) of calcium.

Other Micronutrients

Frozen yogurt also contains small amounts of vitamins such as vitamin A, vitamin B12, and riboflavin. Additionally, minerals like phosphorus, potassium, and magnesium are present, which play vital roles in metabolic processes and maintaining electrolyte balance.

Probiotics and Health Benefits

One of the key nutritional advantages of frozen yogurt lies in its probiotic content. Probiotics are live beneficial bacteria that can improve digestive health and support the immune system.

Types of Probiotics in Frozen Yogurt

Common probiotics found in frozen yogurt include *Lactobacillus acidophilus* and *Bifidobacterium bifidum*. These strains promote gut flora balance and may help reduce gastrointestinal issues.

Health Benefits

Regular consumption of probiotic-rich frozen yogurt may aid in digestion, enhance nutrient absorption, and support immune function. However, the probiotic content can vary widely depending on manufacturing processes and storage conditions.

Comparing Frozen Yogurt and Ice Cream Nutrition

Frozen yogurt is often compared to ice cream regarding healthfulness and nutritional content. While both are frozen dairy desserts, they differ in several key aspects.

Fat and Calorie Differences

Ice cream generally contains higher fat levels, ranging from 10 to 20 grams per serving, contributing to greater calorie density. In contrast, frozen yogurt's fat content is significantly lower, especially when made with non-fat or low-fat milk.

Sugar Content Comparison

Both frozen yogurt and ice cream can contain high sugar levels, but some frozen yogurt varieties may have added sugars to compensate for tartness. It is important to compare labels carefully to assess sugar content.

Probiotic Presence

Unlike ice cream, frozen yogurt often contains live probiotics, providing an additional health benefit not commonly found in traditional ice cream.

Factors Affecting Frozen Yogurt Nutrition

The nutritional profile of frozen yogurt is influenced by several factors, making it essential to

consider these variables when evaluating frozen yogurt nutrition info.

Flavorings and Sweeteners

Flavored frozen yogurts often contain added sugars, syrups, or artificial sweeteners, which can increase calorie content and affect overall nutritional quality.

Toppings

Add-ons such as fruits, nuts, candy, or chocolate chips can dramatically alter frozen yogurt's nutritional value by adding fats, sugars, and calories. Choosing nutrient-dense toppings can enhance the healthfulness of the dessert.

Serving Size

Portion control is critical since larger servings increase calorie and sugar intake, potentially offsetting the benefits of choosing frozen yogurt over other desserts.

Tips for Choosing Healthier Frozen Yogurt Options

Selecting healthier frozen yogurt options requires knowledge of nutritional content and mindful choices at the point of purchase.

1. Opt for plain or low-sugar varieties to minimize added sugars.
2. Choose non-fat or low-fat frozen yogurt to reduce calorie and fat intake.
3. Limit high-calorie toppings such as candy, chocolate, and sugary syrups.
4. Include fresh fruit toppings to add fiber and vitamins.
5. Pay attention to serving sizes to avoid excessive calorie consumption.
6. Check for labels indicating live and active cultures to maximize probiotic benefits.

Frequently Asked Questions

Is frozen yogurt healthier than ice cream?

Frozen yogurt generally contains less fat and fewer calories than ice cream, making it a healthier option for those looking to reduce fat intake. However, it can still have similar amounts of sugar, so it's important to check the nutrition label.

How many calories are in a typical serving of frozen yogurt?

A typical serving of frozen yogurt (about 1/2 cup) contains approximately 100 to 150 calories, depending on the brand and flavor.

Does frozen yogurt contain probiotics?

Many frozen yogurts contain live and active cultures, which are probiotics that can benefit digestive health. However, not all frozen yogurts have these cultures, so check the packaging to be sure.

What is the sugar content like in frozen yogurt?

Frozen yogurt can contain varying amounts of sugar, often ranging from 15 to 30 grams per serving. Some brands add extra sugars, so it's advisable to look for options with lower sugar content.

Can frozen yogurt be part of a weight-loss diet?

Yes, frozen yogurt can be included in a weight-loss diet if consumed in moderation and if you choose low-fat, low-sugar options. Portion control and mindful toppings are important to keep calorie intake in check.

Additional Resources

1. *The Complete Guide to Frozen Yogurt Nutrition*

This book offers an in-depth look at the nutritional components of frozen yogurt, including calories, protein, sugar, and probiotics. It explains how different ingredients affect the health benefits and provides tips for choosing healthier options. Ideal for health-conscious consumers and dietitians alike.

2. *Frozen Yogurt: A Nutritional Breakdown*

Explore the science behind frozen yogurt and its impact on your diet. This book covers the differences between frozen yogurt and other desserts, highlighting its probiotic benefits and potential drawbacks. Readers will find practical advice for incorporating frozen yogurt into a balanced diet.

3. *Healthy Indulgence: The Nutrition of Frozen Yogurt*

Discover how frozen yogurt can be a guilt-free treat without compromising nutrition. The author discusses various flavors, toppings, and serving sizes, emphasizing mindful consumption. Nutritional charts and comparisons with ice cream help readers make informed choices.

4. *Probiotics and Frozen Yogurt: A Nutritional Perspective*

Focusing on the probiotic content of frozen yogurt, this book explains how these live cultures support gut health. It also examines the manufacturing process and how it affects the nutritional value. Readers gain insight into selecting frozen yogurt products with maximum probiotic benefits.

5. *The Low-Calorie Frozen Yogurt Handbook*

Perfect for those watching their calorie intake, this guide highlights low-calorie frozen yogurt options and recipes. It provides nutritional information on popular brands and homemade versions. The book also discusses sugar substitutes and their effects on health.

6. *Frozen Yogurt Nutrition for Athletes and Active Lifestyles*

This book targets athletes and fitness enthusiasts, detailing how frozen yogurt can complement an active lifestyle. It covers macronutrient profiles, energy benefits, and recovery advantages. Readers learn how to use frozen yogurt as a post-workout snack.

7. *Understanding Sugar and Fat in Frozen Yogurt*

A detailed analysis of sugar and fat content in various frozen yogurt products, this book helps readers navigate common misconceptions. It compares traditional and non-dairy frozen yogurts and offers strategies to reduce sugar and fat intake. Nutritional labels are decoded for better consumer awareness.

8. *Frozen Yogurt and Weight Management*

Explore the role of frozen yogurt in weight loss and maintenance programs. The author reviews scientific studies and provides practical meal planning advice. This book is a valuable resource for those seeking to include frozen yogurt in a calorie-conscious diet.

9. *The Science of Frozen Yogurt Nutrition*

Delve into the biochemical and nutritional science behind frozen yogurt in this comprehensive volume. It covers fermentation, ingredient interactions, and the health implications of various additives. Suitable for food scientists, nutritionists, and curious readers interested in food science.

Frozen Yogurt Nutrition Info

Find other PDF articles:

<https://staging.devenscommunity.com/archive-library-202/pdf?ID=vuQ33-6142&title=crash-course-us-history-38.pdf>

frozen yogurt nutrition info: Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.),

frozen yogurt nutrition info: **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.), 1976

frozen yogurt nutrition info: The Complete Idiot's Guide to Total Nutrition, 4th Edition Joy Bauer, 2005-11-01 Good health starts with good nutrition With all the constant debate over diet fads, proper nutrition is slipping through the cracks. This revised and updated guide places the emphasis on good health by informing families of everything they need to know to get the best nutrition—from

daily vitamin and mineral intake and facts about fats and cholesterol, to advice on shopping for healthy foods, and much more. • Includes updates to the USDA's Food Guide Pyramid • New numbers for blood pressure and sodium intake • A section on helping overweight children • New fiber recommendations for kids • A new section on macrobiotics and raw diets

frozen yogurt nutrition info: Nancy Clark's Sports Nutrition Guidebook Nancy Clark, 2020 Resource added for the Wellness and Health Promotion program 105461.

frozen yogurt nutrition info: *Nutrition and Weight Management* Lori A. Smolin, Mary B. Grosvenor, 2009 Healthy eating and proper nutrition are the keys to weight management. This book explores how to maintain and lose weight without sacrificing any of the essential nutrients that keep the body healthy.

frozen yogurt nutrition info: New York Magazine , 1994-05-30 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

frozen yogurt nutrition info: The Supermarket Guide , 1997-03-01 Shop smart with America's foremost nutrition experts. The American Dietetic Association takes you aisle-by-aisle through the supermarket, showing you how to make informed decisions about the food you buy for yourself and your family. Not just a guide to low-fat and fat-free items, this book gives you tips on reading labels and choosing foods that best fit your healthy eating plan following the ADA philosophy that all foods can fit. Learn the nutritional differences between fresh, frozen, and canned vegetables; how to compare presweetened, wholegrain, granola, and hot cereals; how to find the freshest seafood; and more! This handy guide also provides tips on food safety and stretching your grocery dollars.

frozen yogurt nutrition info: *FDA Consumer* , 2002

frozen yogurt nutrition info: *The Young Runner's Guide to Nutrition* Michele Pettinger, 2025-03-04 Author, lifelong runner, and certified running and nutrition coach Michele Pettinger grew up running under the tutelage of her father, the high school cross country and track coach. With *The Young Runner's Guide to Nutrition*, she plans to carry on the legacy of reaching youth runners and the communities that support them through nutrition education and practical, easy-to-implement protocols. With this practical guide, young runners will learn the fundamentals of sports nutrition, explaining why they need specific nutrients and what foods contain them.--

frozen yogurt nutrition info: The Ultimate Volumetrics Diet Barbara Rolls, Mindy Hermann, 2012-04-10 The founder of the #1 New York Times–bestselling Volumetrics diet combines new findings, user-friendly tools, and dozens of fabulous and filling recipes to help you lose weight without feeling hungry in this full-color diet book/cookbook. In *The Ultimate Volumetrics Diet*, Dr. Barbara Rolls expands on her time-tested message with new findings, recipes, and user-friendly tools. Dr. Rolls's twelve-week program supports readers step-by-step as they develop new habits to help them lose weight and keep it off—and her 105 delicious recipes, divided into thirty-five food categories, provide a foundation for personalizing and preparing everything from breakfast favorites to main courses to desserts. *The Ultimate Volumetrics Diet* also features: Budget- and time-saving tips for losing weight Myth busters shattering common beliefs about diets and dieting Food shopping strategies and options for saving time or saving money Game plans for eating out, including menu buzz words, key questions, calorie labeling, and more New tips for feeding the family and camouflaging veggies in favorite dishes Concise charts with nutritional information for personalizing meals Before-and-after photos comparing standard and Volumetrics recipes, with tips on how they were adapted to provide more food for the calories

frozen yogurt nutrition info: *The American Dietetic Association's Complete Food and Nutrition Guide* The American Dietetic Association (ADA), Roberta Larson Duyff, 1998-05-20 A lifetime of sound advice on healthful eating—from the world's foremost authority on food and

nutrition. Thoughts about eating are changing. The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good, live well, and prevent disease. With so much new information coming from so many different sources, eating right can be confusing—but it doesn't have to be. This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat, allowing you to enjoy your favorite foods and maximize nutrition. The American Dietetic Association's Complete Food & Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family, Including: What you need to know about vitamins, minerals, and antioxidants Low-fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn't work—and what does Meeting the unique nutrition needs of women, children, teens, and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more! Also included are recently updated recommendations for certain vitamins and minerals, the USDA Dietary Guidelines for Americans, kitchen nutrition tips, self-assessment quizzes, and an expanded index. With nearly 70,000 members, The American Dietetic Association is the largest organization of food and nutrition professionals in the world. Named one of Ladies' Home Journal's Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone's kitchen.—The Oregonian Jam-packed with practical eating and food safety tips.—USA Today Intelligent advice about sensible eating.—Washington Times May be the ultimate healthy-eating primer.—Fitness Magazine

frozen yogurt nutrition info: *What to Eat* Marion Nestle, 2010-04 From publisher description: With *What to Eat*, this renowned nutritionist takes us on a guided tour of the supermarket, explaining the issues with verve and wit as well as a scientist's expertise and a food lover's experience. Today's supermarket is ground zero for the food industry, a place where the giants of agribusiness compete for sales with profits, not nutrition or health, in mind. Nestle walks us through the supermarket, section by section: produce, dairy, meat, fish, packaged foods, breads, juices, bottled waters, and more. Along the way, she untangles the issues, decodes the labels, clarifies the health claims, and debunks the sales hype. She tells us how to make sensible choices based on freshness, taste, nutrition, health, effects on the environment, and, of course, price. With Nestle as our guide, we learn what it takes to make wise food choices and are inspired to act with confidence on that knowledge. *What to Eat* is the guide to healthy eating today: comprehensive, provocative, revealing, rich in common sense, informative, and a pleasure to read.

frozen yogurt nutrition info: *The Complete Calorie Fat and Carb Counter* Alex A. Lluch, 2008-12 Understanding the nutritional value of foods is the best and fastest way to lose weight, improve eating habits, and have increased energy. This convenient book will help readers lose weight because it provides nutritional information for thousands of food items in addition to all the tools necessary to create a personalized weight-loss plan.

frozen yogurt nutrition info: *Volumetrics* Barbara Rolls, Robert A. Barnett, 2011-05-03 Ranked as one of the best diet plans by US News & World Report: A plan to lose weight that puts the focus on feeling sated and satisfied with fewer calories; author Barbara Rolls has earned the author the Obesity Society Presidential Medal of Distinction for her work in research and outreach. ?Dieters everywhere have the same complaint: they're hungry all the time. Now this revolutionary book, based on sound scientific principles, can help you lose weight safely, effectively, and permanently without those gnawing pangs of hunger. The Volumetrics Weight-Control Plan introduces the concept of energy density -- concentration of calories in each portion of food. Here you'll learn how to avoid high energy -- dense foods, and how such different nutritional factors as fat, fiber, protein, and water affect energy density and satiety. You'll discover which foods, eaten under which circumstances, allow you to consume fewer calories and still be satisfied. And you'll get to know the hidden calorie traps, seemingly innocuous foods that can sneak unwanted calories into your body. Finally, the authors offer 60 sensible, tasty and easy recipes, plus an integrated program of exercise and behavior management that can be sustained over a lifetime.

frozen yogurt nutrition info: *Catalog* Food and Nutrition Information Center (U.S.), 1974

frozen yogurt nutrition info: *Dimension* , 1977

frozen yogurt nutrition info: **The Busy Mom's Slow Cooker Cookbook** Jyl Steinback, 2005 Features 325 family-friendly slow cooker main dishes, sides and appetisers; and the inside scoop for slow cooker success: 120 hints, tips, and ideas. This work also presents the level of difficulty and shopping lists with every recipe and contains nutritional information, including carbohydrate counts and diabetic exchanges.

frozen yogurt nutrition info: Clean Eating For Every Season Alicia Tyler, 2017-12-01 The soul of eating clean is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life—one meal at a time. The best way to on track with your clean-eating lifestyle for thriving good health? Proper planning. Lucky for you, we're pros at it so you don't have to be. Easy-to-follow Clean Eating meal plans take the guesswork out of meal prep and keep your clean eating diet on track. You get 52 weeks of Clean Eating meal plans for easy shopping, cooking and eating that is just as delicious as it is nutritious. The perfect plan is five balanced mini meals a day comprised of fresh seasonal fare that ensure your metabolism is always fired up, energy levels are high and the stress of what to eat next is low. Clean Eating meal plans average 1,400 to 1,600 calories a day, but are modifiable depending on if you require a little more, or a little less. Pick the one that's best for you. Some of our meal plans cater to common dietary restrictions such as gluten-free, weight loss, paleo and vegetarian—so no matter how you prefer to eat, we've got you covered. We've created the detailed plans, built your shopping lists and calculated all the nutritional so you can hit the ground running. Enjoy 52 individual weeks of easy, breezy clean eating with our no-fuss, no-fail plans that are packed with recipes, mini meals and snacks that are every bit delicious. Don't worry, you're not committed to a full year and you can take these plans week by week. Unless of course, you never want to stop, and we bet you will.

frozen yogurt nutrition info: **Nancy Clark's Sports Nutrition Guidebook, 5E** Nancy Clark, 2013-10-02 Boost your energy, build muscle, lose fat, and improve your performance with the best-selling sports nutrition guide! The fifth edition includes the latest research on hydration, vitamins, supplements, energy drinks, organic foods, and balancing carbohydrate and protein intake for exercise and competition.

frozen yogurt nutrition info: Prevention Magazine's Nutrition Advisor Mark Bricklin, The Editors of Prevention Magazine, 1994-08-15 Analyzes the nutritional benefits of a thousand foods

Related to frozen yogurt nutrition info

Frozen | Official Disney Site Welcome to the official site for Disney's Frozen. Stream movies and shorts, listen to an original podcast, meet characters, shop, watch videos, and more

Frozen | Official Disney Site Welcome to the official site for Disney's Frozen. Stream movies and shorts, listen to an original podcast, meet characters, shop, watch videos, and more

Frozen | Official Disney Site Welcome to the official site for Disney's Frozen. Stream movies and shorts, listen to an original podcast, meet characters, shop, watch videos, and more

Frozen | Official Disney Site Welcome to the official site for Disney's Frozen. Stream movies and shorts, listen to an original podcast, meet characters, shop, watch videos, and more

Frozen | Official Disney Site Welcome to the official site for Disney's Frozen. Stream movies and shorts, listen to an original podcast, meet characters, shop, watch videos, and more

Related to frozen yogurt nutrition info

Yasso introduces frozen Greek Yogurt in spoonable format (Dairy Foods12d) Available in five flavors, each Yasso is made with high-quality ingredients that deliver a mind-meltingly delicious ice cream

Yasso introduces frozen Greek Yogurt in spoonable format (Dairy Foods12d) Available in five flavors, each Yasso is made with high-quality ingredients that deliver a mind-meltingly delicious ice

cream

Recipes: Get the skinny on frozen yogurt nutrition information (Tulsa World12y) You've just finished a 10-mile bike ride, and you're feeling virtuous but a little peckish. Maybe your 8-year-old is clamoring for a treat. Or perhaps you've just baked a fresh fruit cobbler and are

Recipes: Get the skinny on frozen yogurt nutrition information (Tulsa World12y) You've just finished a 10-mile bike ride, and you're feeling virtuous but a little peckish. Maybe your 8-year-old is clamoring for a treat. Or perhaps you've just baked a fresh fruit cobbler and are

Magnum taps into better-for-you craze with Yasso frozen Greek yogurt pints (Food Dive6d) The fast-growing brand, which Unilever purchased in 2023, will be spun out next month when the CPG giant divests its ice

Magnum taps into better-for-you craze with Yasso frozen Greek yogurt pints (Food Dive6d) The fast-growing brand, which Unilever purchased in 2023, will be spun out next month when the CPG giant divests its ice

Is Greek Yogurt Really That Good For You? Dietitians Explain (PopSugar11y) Greek yogurt isn't exactly the trendiest product on your shopping list (à la cottage cheese and chia seeds). But what this staple might lack in novelty, it makes up for in nutrition and health

Is Greek Yogurt Really That Good For You? Dietitians Explain (PopSugar11y) Greek yogurt isn't exactly the trendiest product on your shopping list (à la cottage cheese and chia seeds). But what this staple might lack in novelty, it makes up for in nutrition and health

Health Benefits of Yogurt (WebMD8mon) Yogurt is a nutrient-rich food made from cultured dairy ingredients and bacteria. It is one of the most common dairy products on the market today, for good reason. It's a creamy, tasty addition to

Health Benefits of Yogurt (WebMD8mon) Yogurt is a nutrient-rich food made from cultured dairy ingredients and bacteria. It is one of the most common dairy products on the market today, for good reason. It's a creamy, tasty addition to

Is Frozen Yogurt Good For You? (YourTango6y) Frozen yogurt came to fame a few decades ago as a low-fat, healthier alternative to ice cream. It can now be found in every strip mall in the country, but is frozen yogurt good for you? It's hard to

Is Frozen Yogurt Good For You? (YourTango6y) Frozen yogurt came to fame a few decades ago as a low-fat, healthier alternative to ice cream. It can now be found in every strip mall in the country, but is frozen yogurt good for you? It's hard to

6 Impressive Health Benefits of Yogurt (Healthline1mon) Yogurt contains many nutrients that may contribute to reducing the risk of heart disease and osteoporosis, as well as supporting weight management. Yogurt is a popular dairy product made by the

6 Impressive Health Benefits of Yogurt (Healthline1mon) Yogurt contains many nutrients that may contribute to reducing the risk of heart disease and osteoporosis, as well as supporting weight management. Yogurt is a popular dairy product made by the

How to Find Tasty, Healthy Frozen Treats (Consumer Reports4mon) Whether you want to cool off on a blistering hot afternoon or satisfy a midnight snack craving, an ice pop or another frozen treat will come through for you every time. But not all of them are equally

How to Find Tasty, Healthy Frozen Treats (Consumer Reports4mon) Whether you want to cool off on a blistering hot afternoon or satisfy a midnight snack craving, an ice pop or another frozen treat will come through for you every time. But not all of them are equally

You Asked: What's the Healthiest Yogurt? (Time5y) <!-- wp:gutenberg-custom-blocks/featured-media

{ "id": "3725254", "url": "https://api.time.com/wp-content/uploads/2015/02/time-50-healthiest-foods-greek-yogurt.jpg

You Asked: What's the Healthiest Yogurt? (Time5y) <!-- wp:gutenberg-custom-blocks/featured-media

{ "id": "3725254", "url": "https://api.time.com/wp-content/uploads/2015/02/time-50-healthiest-foods-greek-yogurt.jpg

Back to Home: <https://staging.devenscommunity.com>