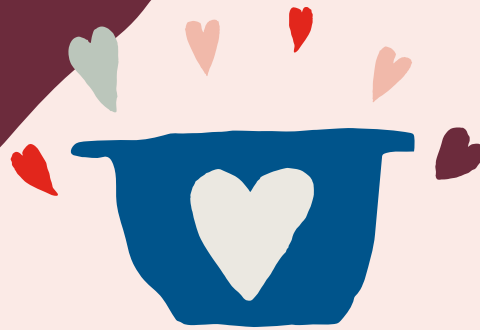


Simple Shifts to Nutrient-Dense Meal and Snack Choices



The *2015-2020 Dietary Guidelines for Americans* recommends simple shifts as a way to gradually build a healthy dietary pattern by swapping out a typical food or beverage for a healthier, nutrient-dense option whenever feasible. Simple shifts are small, incremental changes that may be easier to adopt than changing the whole dietary pattern at once.

Modeling data confirms that shifting to nutrient-dense options—like Chobani® yogurt—can greatly improve intake of key nutrients like calcium, potassium, B vitamins, and magnesium, while keeping calories in check. It's also an excellent source of high-quality protein and live and active cultures which include probiotics that support digestive health. Made with only natural, non-GMO ingredients, locally sourced milk, and real fruit, Chobani® yogurts are a nutritious option people not only enjoy, but also trust.

Typical Breakfast	→	“Shifted” Breakfast	Difference	
3" cinnamon raisin bagel 2 tbsp. cream cheese 1 medium banana 8 oz. coffee 2 tbsp. 1% milk		5.3 oz. Chobani® Greek Yogurt with a hint of Madagascar Vanilla & Cinnamon ¼ cup whole grain granola 1 medium banana 8 oz. coffee 2 tbsp. 1% milk	calories	-20
			calcium	+130 mg
			magnesium	+29 mg
			potassium	+24 mg
			protein	+8 g

Typical Lunch	→	“Shifted” Lunch	Difference	
1 turkey sandwich with: 2 slices white bread 2 oz. turkey breast ¼ cup shredded lettuce ¼ cup sliced tomatoes 2 tsp. Dijon mustard 1 side salad with: 2 tbsp. ranch dressing 1 cup 1% milk		1 turkey sandwich with: 2 slices whole wheat bread 2 oz. turkey breast ¼ cup shredded lettuce ¼ cup sliced tomatoes 2 tsp. Dijon mustard 1 side salad with: 2 tbsp. Chobani® ranch dressing* 1 cup 1% milk	calories	-100
			calcium	+14 mg
			magnesium	+29 mg
			potassium	+79 mg
			protein	+3 g

Typical Dinner	→	“Shifted” Dinner	Difference	
4 oz. fried chicken breast 2.5" buttermilk biscuit 1 cup strawberry ice cream 8 oz. water		Chobani® grilled chicken and arugula salad with creamy avocado dressing* 1 piece whole grain bread 5.3 oz. Chobani® Strawberry on the Bottom Greek Yogurt 8 oz. water	calories	-100
			calcium	+49 mg
			magnesium	+101 mg
			potassium	+1,291 mg
			protein	+38 g

Typical Snack	→	“Shifted” Snack	Difference	
1 large blueberry muffin 8 oz. water		5.3 oz. Chobani® Smooth Blueberry non-Greek yogurt ¼ cup whole grain granola 8 oz. water	calories	-250
			calcium	+112 mg
			magnesium	+37 mg
			potassium	+187 mg
			protein	+9 g

* Recipe includes Chobani® Plain Non-Fat Greek Yogurt