



Eat Chobani® Menu Models—Toddlers

Chobani® Yogurts—
A Natural Part of Healthy Eating

Eat Chobani® Menu Models

Find full versions of all three 7-day menu models at chobani.com/impact/chobani-health-and-wellness

Summary

As a nutrient-dense powerhouse food that is packed with protein and calcium and gives other key nutrients, like magnesium and B vitamins, Chobani® yogurt is a convenient foundation for building a healthier eating style right from the start. Menu modeling is a scientific method used to bring healthier eating styles to life, showing the precise role a food has in improving diets that aren't so healthy.¹ The following sample menus show how making small shifts with Chobani® yogurt products at meals and snack-time is an effective way to improve nutrient intake and enhance diet quality at any age.

About the Menu Model

To show the role Chobani® products play in improving the typical American diet, baseline menus were developed for three age groups (adult, kid, toddler) using data on typical American eating patterns from 2011–2012 NHANES (National Health and Nutrition Examination Survey) and 2008 FITS (Feeding Infants and Toddlers Study). These baseline menus were adjusted to include “better” choices based on *2015–2020 Dietary Guidelines for Americans* recommendations (e.g., using whole grains over refined grains, or fruit packed in juice instead of heavy syrup) to represent simple shifts that lead to a healthier eating style, using the Healthy U.S.-Style Eating Pattern as the model.

The baseline menus were then realistically modified by making 2-3 Chobani® product substitutions per day, revealing, in turn, that whether eaten on its own, as a complement to nutrient-dense foods such as fruit and vegetables, or as a component of a recipe, Chobani® yogurt can contribute to improvements in the consumption of both recommended nutrients and foods.² These Chobani menu models thus help support the goals of the *2015–2020 Dietary Guidelines for Americans*—and the basis of the Healthy U.S.-Style Eating Pattern—to help Americans ages 2 and older make small shifts in their diet to reduce the risk of diet-related chronic diseases and maintain a healthy body weight.

Benefits for Adults:

Swapping Chobani® yogurt products into 2–3 meals or snacks per day may:

- Reduce intake by 880 calories per week.
- Reduce total sugar intake by 20 grams per week—equivalent to 4,100 calories saved per year.
- Reduce total fat intake by an average 30% per day.
- Reduce sodium intake by an average 19% per day.
- Increase calcium intake by an average 25% and dairy intake by an average 41% per day.
- Increase potassium intake by an average 9% per day.
- Increase protein intake by an average 23 grams per day.

Benefits for Children:

Swapping Chobani® yogurt products into 2–3 meals or snacks per day may:

- Keep caloric intake within age group recommendations (1,750 calories for children).
- Reduce total fat intake by an average 23% per day.
- Increase calcium intake by an average 9% and dairy intake by an average 14% per day.
- Increase potassium intake by an average 6% per day.
- Increase protein intake by an average 11 grams per day.
- Increase fruit intake by an average 5% per day.

Benefits for Toddlers:

Swapping Chobani® yogurt products into 2–3 meals or snacks per day may:

- Keep caloric intake within age group recommendations (1,025 calories for toddlers).
- Reduce total sugar intake by 32 grams per week—equivalent to over 1,600 grams per year.
- Reduce total fat intake by an average 6% per day.
- Increase calcium intake by an average 9% and dairy intake by an average 24% per day.
- Increase potassium intake by an average 9% per day.
- Increase protein intake by an average 9 grams per day.
- Increase fruit intake by an average 37% per day.

¹ Britten P et al. MyPyramid Food Intake Pattern Modeling for the Dietary Guidelines Advisory Committee. 2006; 38(6 Suppl): S143–152.

² According to USDA MyPlate criteria, dairy products such as Chobani® yogurts are considered solely part of the Dairy Group. Although dairy does not count towards the Protein Foods Group, Chobani® yogurts still contributes a significant amount of this nutrient.

Chobani® Menu Model—Toddlers (1–2 years old)

Day 1

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 chocolate chip pancake (from frozen) (1.2 oz.) ¼ tbsp. butter ½ tbsp. maple syrup ½ medium banana, sliced ½ cup whole milk	1 Chobani™ Perfect Pancake, with strawberries (2.6 oz.) ¼ tbsp. butter ½ tbsp. maple syrup ½ medium banana, sliced ½ cup whole milk	Calories (kcal)	871	969	+98
			Total Fat (g)	32	28	-4
			Total Fat (%*)	82%	72%	-10%
			Saturated Fat (g)	14	14	0
			Sat. Fat (%*)	127%	127%	0%
Snack	¾ cup toasted oat cereal ½ cup calcium-fortified orange juice	¾ cup toasted oat cereal ½ cup calcium-fortified orange juice	Fiber (g)	11	13	+2
			Total Sugar (g)	63	63	0
Lunch	1 oz. baked chicken, shredded ¼ cup brown rice ¼ cup broccoli, steamed 1 tbsp. Cheddar cheese, shredded ½ cup whole milk	1 oz. baked chicken, shredded ¼ cup brown rice ½ cup broccoli, steamed 1 tbsp. Cheddar cheese, shredded ½ cup whole milk	Sodium (mg)	1097	930	-167
			Sodium (%*)	73%	62%	-11%
			Potassium (mg)	1260	1881	+621
			Potassium (%*)	42%	63%	+21%
			Protein (g)	32	40	+8
Dinner	2 oz. lasagna, with beef and herb tomato sauce (from frozen) ½ whole wheat roll (½ oz.) ½ tsp. butter ¼ cup carrots, steamed ½ cup whole milk	2 oz. lasagna, with beef and herb tomato sauce (from frozen) ½ whole wheat roll (½ oz.) ½ tsp. butter ¼ cup carrots, steamed ½ cup whole milk	Vitamin A (%*)	287%	261%	-26%
			Vitamin D (%*)	26%	29%	+3%
			Calcium (%*)	117%	122%	+6%
			Grain Intake	76%	125%	+49%
			Vegetable Intake	58%	58%	0%
Dessert	4 oz. chocolate pudding snack cup	1 Frozen Yogurt Banana: 1 small banana, dipped in ¼ cup Chobani® Whole Milk Plain Greek Yogurt	Fruit Intake	91%	158%	+67%
			Dairy Foods Intake	62%	83%	+21%
			Protein Foods Intake	71%	77%	+6%

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* Percentage of recommendation based on Appendix 7. Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes & Dietary Guidelines Recommendations in 2015-2020 Dietary Guidelines for Americans

Chobani® Menu Model—Toddlers (1–2 years old)

Day 2

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 frosted blueberry toaster pastry (1.8 oz.) ½ cup whole milk	½ serving Chobani™ Overnight Oats ½ cup whole milk	Calories (kcal)	1025	907	-118
			Total Fat (g)	37	32	-5
			Total Fat (%*)	95%	82%	-13%
			Saturated Fat (g)	15	15	0
			Sat. Fat (%*)	136%	136%	0%
			Fiber (g)	5	9	+4
			Total Sugar (g)	72	61	-11
			Sodium (mg)	1486	1304	-182
			Sodium (%*)	99%	87%	-12%
			Potassium (mg)	1058	1241	+183
			Potassium (%*)	35%	41%	+6%
			Protein (g)	51	57	+6
			Vitamin A (%*)	75%	81%	+6%
			Vitamin D (%*)	23%	27%	+4%
			Calcium (%*)	84%	102%	+18%
			Grain Intake	24%	37%	+13%
			Vegetable Intake	50%	39%	-11%**
			Fruit Intake	25%	68%	+43%
			Dairy Foods Intake	80%	100%	+20%
			Protein Foods Intake	137%	185%	+48%
Dinner	2 oz. baked skinless chicken tenders 1½ tbsp. ketchup ¼ cup mashed potatoes ¼ cup green beans, steamed ½ cup whole milk	2 oz. baked skinless chicken tenders 1½ tbsp. ketchup ¼ cup Chobani™ Mashed Potatoes ¼ cup green beans, steamed ½ cup whole milk				
Dessert	1 orange-flavored jello snack cup (3.5 oz.) ½ oz. whipped cream	½ cup pears, packed in water ½ oz. Chobani™ Whipped Cream				

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** Decrease in vegetable intake due to substitution of nutrient-dense Chobani™ Mashed Potatoes

Chobani® Menu Model—Toddlers (1–2 years old)

Day 3

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 large egg, scrambled 1 slice whole wheat toast ½ cup calcium-fortified orange juice	1 large egg, scrambled 1 slice whole wheat toast ½ cup calcium-fortified orange juice	Calories (kcal)	1046	1060	+14
			Total Fat (g)	35	38	+3
			Total Fat (%*)	90%	97%	+7%
			Saturated Fat (g)	14	15	+1
Snack	½ cup unsweetened applesauce 2 graham cracker squares (2.5 in.)	½ cup unsweetened applesauce 2 graham cracker squares (2.5 in.)	Sat. Fat (%*)	127%	136%	+9%
			Fiber (g)	11	12	+1
			Total Sugar (g)	77	65	-12
Lunch	½ cup whole milk 2 oz. lean roasted ham, cubed ¼ cup green beans 1.5 oz. mini sweet potato puffs (from frozen) 2 tbsp. ketchup	½ cup whole milk 2 oz. lean roasted ham, cubed ¼ cup green beans 1.5 oz. mini sweet potato puffs (from frozen) 2 tbsp. ketchup	Sodium (mg)	1515	1003	-512
			Sodium (%*)	101%	67%	-34%
			Potassium (mg)	1449	1534	+85
			Potassium (%*)	48%	51%	+3%
Dinner	¼ cup mac and cheese 1.5 oz. BBQ chicken, shredded ¼ cup fresh strawberries, sliced ½ cup whole milk ¼ cup peas (from frozen)	¼ cup Chobani™ Macaroni and Cheese 1.5 oz. BBQ chicken, shredded ¼ cup fresh strawberries, sliced ½ cup whole milk ¼ cup peas (from frozen)	Protein (g)	50	56	+6
			Vitamin A (%*)	142%	138%	-4%
			Vitamin D (%*)	32%	33%	+1%
			Calcium (%*)	99%	113%	+14%
Dessert	½ cup chocolate ice cream	1 Chobani™ Parfait: ¼ cup Chobani® Whole Milk Plain Greek Yogurt 2 tbsp. whole grain granola ¼ cup fresh strawberries, sliced	Grain Intake	67%	71%	+4%
			Vegetable Intake	50%	50%	0%
			Fruit Intake	128%	156%	+28%
			Dairy Foods Intake	53%	77%	+24%
			Protein Foods Intake	194%	194%	0%

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Chobani® Menu Model—Toddlers (1–2 years old)

Day 4

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 medium pancake (4 in.) ½ tsp. maple syrup ½ large egg, scrambled ½ cup calcium-fortified orange juice	1 serving Chobani™ Banana Bread with Cinnamon Vanilla Labneh ½ large egg, scrambled ½ cup calcium-fortified orange juice	Calories (kcal)	1011	1010	-1
			Total Fat (g)	42	29	-13
			Total Fat (%*)	108%	74%	-34%
			Saturated Fat (g)	11	11	0
Snack	1 vanilla pudding snack cup (4 oz.)	½ serving Chobani® Vanilla Bean Greek Yogurt drink	Sat. Fat (%*)	100%	100%	0%
			Fiber (g)	9	10	+1
Lunch	½ serving chicken salad: ½ cup roasted chicken, chopped ½ tsp. celery, chopped 1 tsp. herbs ⅛ tsp. Dijon mustard 2 tsp. mayonnaise 4 whole wheat crackers (⅔ oz.) ½ medium banana, sliced ½ cup whole milk	½ serving Chobani™ Rotisserie Chicken Salad 4 whole wheat crackers (⅔ oz.) ½ medium banana, sliced	Total Sugar (g)	69	84	+15**
			Sodium (mg)	1732	1064	-668
			Sodium (%*)	115%	71%	-44%
			Potassium (mg)	1334	1818	+484
Dinner	½ cup cheese ravioli, with tomato sauce (from frozen) ½ cup unsweetened applesauce ¼ cup green beans, steamed ½ cup whole milk	½ cup cheese ravioli, with tomato sauce (from frozen) ½ cup unsweetened applesauce ¼ cup green beans, steamed ½ cup whole milk	Potassium (%*)	44%	61%	+17%
			Protein (g)	31	48	+17
			Vitamin A (%*)	71%	80%	+9%
			Vitamin D (%*)	20%	26%	+6%
Dessert	12 mini cinnamon grahams (½ oz.)	12 mini cinnamon grahams (½ oz.)	Calcium (%*)	106%	109%	+3%
			Grain Intake	75%	86%	+11%
			Vegetable Intake	31%	35%	+4%
			Fruit Intake	141%	157%	+16%
			Dairy Foods Intake	46%	105%	+59%
			Protein Foods Intake	75%	101%	+26%

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** Increase in sugar due to naturally occurring sugar in fruit in the Chobani™ Banana Bread and Cinnamon Vanilla Labneh and more nutrient-dense Greek yogurt.

Chobani® Menu Model—Toddlers (1–2 years old)

Day 5

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 blueberry waffle (from frozen) (1 oz.) ½ tbsp. maple syrup ½ tbsp. butter ½ cup whole milk	1 Chobani™ Banana Muffin (2.5 oz.) ½ cup whole milk	Calories (kcal)	1073	1058	-15
			Total Fat (g)	39	39	0
			Total Fat (%*)	100%	100%	0%
			Saturated Fat (g)	15	13	-2
Snack	½ medium apple, peeled, diced 1 tbsp. peanut butter	½ medium apple, peeled, diced 1 tbsp. peanut butter	Sat. Fat (%*)	136%	118%	-18%
			Fiber (g)	12	12	0
			Total Sugar (g)	77	77	0
			Sodium (mg)	1203	1094	-109
Lunch	1 oz. grilled chicken, shredded 1.5 oz. brown rice 4 oz. mandarin oranges, packed in light syrup ¼ cup peas (from frozen) ½ cup unsweetened apple juice	1 oz. grilled chicken, shredded 1.5 oz. brown rice 4 oz. mandarin oranges, packed in light syrup ¼ cup peas (from frozen) ½ cup unsweetened apple juice	Sodium (%*)	80%	73%	-7%
			Potassium (mg)	1277	1347	+70
			Potassium (%*)	43%	45%	+2%
			Protein (g)	41	43	+2
Dinner	2 1-oz. turkey meatballs ¼ cup marinara sauce ½ cup whole wheat pasta ¼ cup carrots, steamed ½ cup whole milk	2 1-oz. turkey meatballs ¼ cup marinara sauce ½ cup whole wheat pasta ¼ cup carrots, steamed ½ cup whole milk	Vitamin A (%*)	186%	185%	-1%
			Vitamin D (%*)	21%	22%	+1%
			Calcium (%*)	63%	64%	+1%
			Grain Intake	75%	76%	+1%
Dessert	2 chocolate chip cookies (½ oz.)	½ serving Chobani™ Strawberry Cheesecake Mousse	Vegetable Intake	31%	50%	+19%
			Fruit Intake	141%	215%	+74%
			Dairy Foods Intake	46%	53%	+7%
			Protein Foods Intake	171%	179%	+8%

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Chobani® Menu Model—Toddlers (1–2 years old)

Day 6

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	½ whole wheat English muffin ½ tbsp. strawberry jam ½ large hard-boiled egg ½ cup whole milk	½ whole wheat English muffin ½ tbsp. strawberry jam ½ large hard-boiled egg ½ cup whole milk	Calories (kcal)	1111	1018	-93
			Total Fat (g)	38	34	-4
			Total Fat (%*)	97%	87%	-10%
			Saturated Fat (g)	16	16	0
Snack	¾ cup popcorn, unsalted ½ cup unsweetened apple juice	¾ cup popcorn, unsalted ½ cup unsweetened apple juice	Sat. Fat (%*)	145%	145%	0%
			Fiber (g)	13	13	0
			Total Sugar (g)	77	67	-10
			Sodium (mg)	1265	1000	-265
Lunch	1 Ham and Cheese Roll-Up: 1 slice Cheddar cheese (1 oz.) 1 slice ham, 89% lean (1 oz.) 6 mini rice cakes 2 chocolate sandwich cookies	1 Ham and Cheese Roll-Up: 1 slice Cheddar cheese (1 oz.) 1 slice ham, 89% lean (1 oz.) 6 mini rice cakes 1 Pumpkin Cinnamon Yogurt Cup: ¼ cup Chobani® Whole Milk Plain Greek Yogurt 2 tbsp. canned pumpkin, unsalted ¼ tsp ground cinnamon	Sodium (%*)	84%	67%	-17%
			Potassium (mg)	1015	1218	+203
			Potassium (%*)	34%	41%	+7%
			Protein (g)	37	45	+8
Dinner	½ cup whole wheat spaghetti ¼ cup vegetable pasta sauce ½ cup unsweetened applesauce ¼ cup peas (from frozen) ½ cup whole milk	½ cup whole wheat spaghetti ¼ cup vegetable pasta sauce ½ cup unsweetened applesauce ¼ cup peas (from frozen) ½ cup whole milk	Vitamin A (%*)	102%	199%	+97%
			Vitamin D (%*)	27%	28%	+1%
			Calcium (%*)	106%	108%	+2%
			Grain Intake	110%	110%	0%
Dessert	1 cream-filled cupcake (3.5 oz.)	1 Chobani™ Fruit and Yogurt Pop	Vegetable Intake	50%	63%	+13%
			Fruit Intake	100%	112%	+12%
			Dairy Foods Intake	80%	100%	+20%
			Protein Foods Intake	75%	75%	0%

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Chobani® Menu Model—Toddlers (1–2 years old)

Day 7

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 cup chocolate puff cereal ½ cup whole milk ½ cup pear slices, packed in juice	½ cup Chobani® Whole Milk Plain Greek Yogurt 1 mini whole wheat bagel (⅓ oz) ½ small banana, sliced	Calories (kcal)	1095	1150	+55
			Total Fat (g)	35	43	+8
			Total Fat (%*)	90%	110%	+20%
			Saturated Fat (g)	12	14	+2
Snack	1 peanut butter cereal bar (1.2 oz.)	½ serving Chobani™ Peanut Butter Banana Smoothie (5 oz.)	Sat. Fat (%*)	109%	127%	+18%
			Fiber (g)	12	14	+2
Lunch	½ PB&J Sandwich (cubed): 1 slice whole wheat bread 1 tbsp. peanut butter ½ tbsp. grape jelly 4 multigrain crackers (½ oz.) ½ cup whole milk	½ PB&J Sandwich (cubed): 1 slice whole wheat bread 1 tbsp. peanut butter ½ tbsp. grape jelly 4 multigrain crackers (½ oz.) ½ cup whole milk	Total Sugar (g)	81	67	-14
			Sodium (mg)	1192	1151	-41
			Sodium (%*)	79%	77%	-2%
			Potassium (mg)	1063	1228	+165
Dinner	2 pieces chicken tenders, baked (2 oz.) ¼ cup mashed sweet potatoes ¼ cup corn (from frozen) ½ cup whole milk	2 pieces chicken tenders, baked (2 oz.) ¼ cup mashed sweet potatoes ¼ cup corn (from frozen) ½ cup whole milk	Potassium (%*)	35%	41%	+6%
			Protein (g)	37	52	+15
			Vitamin A (%*)	336%	257%	-79%
			Vitamin D (%*)	40%	29%	-11%
Dessert	2 graham cracker honey squares (2½ in.)	2 graham cracker honey squares (2½ in.)	Calcium (%*)	89%	106%	+17%
			Grain Intake	175%	103%	-72%
			Vegetable Intake	50%	50%	0%
			Fruit Intake	50%	70%	+20%
			Dairy Foods Intake	70%	84%	+14%
			Protein Foods Intake	110%	177%	+67%

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