

Healthy Lifestyles with Diabetes



Chobani™ Health and Wellness

Dear Health Professionals and Consumers,

Every day, consumers face hundreds of food-related decisions and are inundated with information about food and nutrition, making it challenging to know which foods—and in what amounts—are best. Navigating the nutrition world is further complicated for those with diabetes seeking to make the best decisions for blood glucose control and overall disease management.

At Chobani, our goal is to provide relevant tools, resources, recipes, and tips to help Chobani consumers choose more nutrient-dense foods, achieve portion control, and follow diabetes-friendly meal plans. Yogurt makes a great addition to any diabetes meal plan, and when you choose Chobani, you're also getting food made with only natural, non-GMO ingredients, along with the unique nutrition and health benefits that strained Greek Yogurt has to offer, such as high quality protein, the right kind of carbohydrates, calcium, potassium, and other key nutrients, all in one convenient cup.

Child or adult, type 1 or type 2, Chobani offers a variety of delicious, nutrient-dense options that make healthy eating fun and enjoyable for those managing diabetes. And to further support those living with diabetes and pre-diabetes, this toolkit includes information and resources to help educate and inspire healthier lifestyles. Here's what you'll find within the following pages:

- Diabetes and Nutrition Fact Sheet: A handout introducing the essential components of balanced eating for those with diabetes and the role Chobani® Yogurt can play in the diet
- Chobani Carbohydrate Guide: A guide to choosing quality carbohydrates, including an overview of natural versus added sugars and how Chobani® products easily fit into a diabetes meal plan
- 2-Day Meal Plan for Adults with Diabetes: A sample meal plan with delicious meal and snack ideas
- 2-Day Meal Plan for Kids with Diabetes: A kid-friendly sample meal plan along with meal-planning tips for children with type 1 diabetes

We hope you find the information and resources valuable, and that we can continue to be a resource for you and/or your clients. If you have any additional needs or questions, please do not hesitate to reach out.

Best regards,



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Diabetes and Nutrition Fact Sheet

Top Diabetes Nutrition Tips

Following a healthy eating pattern is a key component of diabetes management. While no one type of meal plan or eating pattern is best for all individuals with diabetes, it's important to follow a few key healthy eating principles from the American Diabetes Association (ADA).¹



Manage your weight.

Reduce energy (calorie) intake through portion control and stick to an overall healthful eating pattern that includes nutrient-dense foods such as fruits, vegetables, whole grains, and low-fat and fat-free dairy, as well as lean protein foods. Balancing food with fitness is also key—those with diabetes should find ways to be active throughout the day and exercise regularly throughout the week.

Work it out!

Exercise not only aids in calorie balance and weight maintenance, it also helps the body use insulin better and reduces the risk of heart disease. Following the advice of a healthcare professional, those with diabetes should engage in 30 minutes of moderate-to-vigorous intensity aerobic exercise at least five days a week (or a total of 150 minutes per week, spread out over at least three days).²



Choose carbohydrates in the right portions.

Carbohydrates have the greatest effect on blood glucose as compared to fat or protein.¹ While the ideal amount of carbohydrates for blood glucose control varies from person to person, people with diabetes should make their carbohydrates count by choosing nutrient-dense carbohydrate-containing foods like fruits, vegetables, dairy, beans, legumes, and whole grains.



Choose lean protein foods.

Look for protein sources that supply healthy, unsaturated fats like low-fat dairy, lean meats, poultry, beans, legumes, fish, and eggs.

Did you know?

Chobani® yogurt provides 2x the protein of regular or other traditional yogurt and can be consumed to meet protein needs.*



Focus on healthy fats.

According to the American Diabetes Association (ADA), fat quality has a greater effect on health than fat quantity,¹ so they encourage focusing on foods that supply unsaturated fats and omega-3 fatty acids in mindful portions.



Be sodium-savvy.

Aim for no more than 2,300mg daily, the recommendation for most Americans. Less than 2,300mg daily may be necessary for some people, such as those with high blood pressure. Your healthcare provider can help you know what's right for you.

Diabetes and Dairy³

People with diabetes should include dairy in their diet as a way to get calcium, high-quality protein, and other important nutrients. Many dairy products easily fit into a diabetes meal plan, and low-fat and fat-free Chobani® yogurt are among the best options.

Chobani® yogurt fits the bill!

Chobani provides people with diabetes a deliciously nutritious option with numerous flavorful varieties that they can enjoy throughout the day. And, what's more, research shows yogurt can actually keep you fuller longer so that you can manage your diet and eat accordingly.⁴ Chobani is a nutrient-dense carbohydrate source that helps you meet the ADA's recommendations:

- 2x the protein of regular or other traditional yogurt*—higher protein and whole fat dairy options may help increase feelings of fullness and aid in weight management⁵
- Good source of calcium
- Source of other key micronutrients such as potassium and magnesium
- Excellent source of B vitamins
- Made with only natural, non-GMO ingredients
- Made without artificial sweeteners or flavors
- Naturally low in sodium
- A variety of delicious flavors and options to make eating interesting and adventurous—diabetes or not!
- Live and active cultures, including probiotics, which may help promote digestive health and support immune health



1 Evert AB et al. Nutrition Therapy Recommendations for the Management of Adults With Diabetes. Diabetes Care. 2013;36(11):3821-3842.

2 Colberg SR, Sigal RJ, Yardley JE, et al. Physical Activity/Exercise and Diabetes: A Position Statement of the American Diabetes Association. Diabetes Care. 2016;39:2065-2079.

3 American Diabetes Association. Dairy: <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/dairy.html?loc=ff-slabnav>

4 Ortinau LC, Hoertel HA, Douglas SM, Leidy HJ. Effects of high-protein vs. high-fat snacks on appetite control, satiety, and eating initiation in healthy women. Nutrition journal. 2014;13:97-97.

5 Jaapna D et al. The effects of increased protein intake on fullness: a meta-analysis and its limitations. J Acad Nutr Diet. 2016;116.6:968-983.

* Chobani® Greek Yogurt: 12g (24% DV) protein per 5.3 oz serving, regular (non-fat or low-fat) yogurt: 6g (12% DV) protein per 5.3 oz serving; Chobani® Smooth: 11g (22%) protein per 5.3 oz serving, other traditional yogurts: 5g (10%) protein per 5.3 oz serving.

Chobani Carbohydrate Guide

With diabetes, it's important to make your carbohydrates count. That means choosing foods with carbohydrates that are accompanied by a host of nutritional benefits, including dairy and Chobani® yogurt. When choosing carbohydrates to include throughout the day, focus on foods from the following groups:

- ♥ Fat-free and low-fat dairy
- ♥ Fruits
- ♥ Vegetables
- ♥ Whole grains
- ♥ Legumes/beans

Naturally Occurring vs. Added Sugar— Explained

Sugar is a type of carbohydrate, often referred to as a simple or fast-acting carbohydrate. There are two main types of sugar:



Added sugars, such as those added during processing—like heavy syrup in canned fruit or sugar added to make cookies



Naturally occurring sugars, such as those in milk or fruit

Note: On the nutrition facts label, the total number of sugar grams listed includes both added and naturally occurring sugars.

There are many different names for sugar. Examples of common names for added sugars are table sugar, brown sugar, molasses, honey, beet sugar, cane sugar, confectioners sugar, powdered sugar, raw sugar, turbinado, maple syrup, high-fructose corn syrup, agave nectar, and sugar cane syrup. Table sugar may also be listed by its chemical name, sucrose. As for natural sugars, fruit sugar is known as fructose and the sugar in milk is called lactose. You can recognize other sugars on labels, which are added to foods, because their chemical names also end in “-ose.” For example, glucose (also called dextrose), fructose (also called levulose), lactose, and maltose.

Sugar fits!

Just because a food contains sugar does not mean it should be avoided. In fact, many highly nutritious foods—like yogurt—contain some naturally occurring sugar, as well as some added sugar to round out the taste of real fruit and the tartness of the yogurt. The key to better choices is that they also provide a host of important nutrients for health—like Chobani® yogurts' powerhouse of protein, calcium, and potassium—which are easily found on the Nutrition Facts Label. Opting for nutrient-dense choices, such as dairy and yogurt, instead of low-nutrient, empty-calorie snacks, like cookies and candy, is a good choice for a healthy diet.

Chobani's Carbohydrate Profile






Total carbohydrates: The majority of Chobani® yogurt* varieties contain less than 20g of total carbohydrate per 5.3oz serving, which means they easily fit within the parameters of a healthy diabetes diet.

Total sugar: Chobani® yogurt contains sugar, most of which is from naturally occurring lactose found in milk. A small amount of added sugar, in the form of cane sugar, is also used to balance the flavor of fruits and ingredients that may be undesirably tart.

Essential nutrients: You'll also notice that the carbohydrates found in Chobani® yogurts are accompanied by a host of essential nutrients, like protein, calcium, and potassium!

Something Good for Everyone

The ideal amount of carbohydrates to have at meals and snacks will depend on each client's individualized meal plan. Chobani offers a host of options that can easily be worked into a day of diabetes-friendly meals.

		
Chobani® Strawberry Fruit on the Bottom	Chobani® Non-Fat Plain	Chobani® Less Sugar** Greek Yogurt Gilli Cherry
120 calories 18g carbohydrates	80 calories 6g carbohydrates	110 calories 10g carbohydrates

And more! Check out full products on chobani.com/products

* Includes Chobani® Fruit on the Bottom and Blended.
** Chobani® Less Sugar Greek Yogurt: 9g sugar; other yogurts: 18g sugar, per 5.3oz serving

2-Day Meal Plan
for Adults
with Diabetes

About the Meal Plan

Below, you'll find a handy meal plan for your clients that shows how Chobani® products can easily fit within a healthy meal plan. These adult meal plans were developed based on recommendations from the American Diabetes Association and the *2015–2020 Dietary Guidelines for Americans*. Meal plans are based on a 1,800–2,000 calorie diet and demonstrate how 2–3 Chobani® products can be easily incorporated into a balanced eating pattern that meets carbohydrate guidelines (45–60g carbohydrates per meal, ≤25g carbohydrates per snack).

Day 1

Breakfast

- Calories: 292 • Carbohydrates: 48g
- 1 5.3 oz. Chobani® Vanilla Blended Greek Yogurt with:
 - 1 cup sliced strawberries
 - 1/4 cup granola
 - 1 cup black coffee
 - 2 tbsp. 2% milk

Morning Snack

- Calories: 223 • Carbohydrates: 21g
- 1 cup 1% cottage cheese
 - 1 cup sliced peaches



Lunch

- Calories: 576 • Carbohydrates: 53g
- Spinach Salad with Chicken and Quinoa:
- 3 oz. grilled chicken (skinless)
 - 3 cups baby spinach
 - 1/2 cup cooked quinoa
 - 2 tbsp. sliced almonds
 - 2 tbsp. dried cranberries
 - 1 tbsp. olive oil
 - 1 tbsp. balsamic vinegar
 - 1 cup fresh sugar snap peas

Afternoon Snack

- Calories: 136 • Carbohydrates: 23g
- 1 cup cucumber slices
 - 1 oz. whole wheat pita chips

Dinner

- Calories: 755 • Carbohydrates: 61g
- 1 serving Chobani™ Curry Grilled Salmon with Pineapple Raita
 - 1 1/2 cups steamed green beans
 - 1/2 cup cooked brown rice
 - 1 cup 1% milk

Nutrition Facts—Day 1

Calories	1981	Sodium (mg)	1506
Total Fat (g)	60	Sodium (%DV)	63%
Total Fat (%DV)	92%	Potassium (mg)	3107
Saturated Fat (g)	12	Potassium (%DV)	86%
Sat. Fat (%DV)	57%	Protein (g)	160
Carbohydrates (g)	206	Vitamin A (%DV)	300%
Fiber (g)	30	Vitamin D (%DV)	140%
Total Sugar (g)	97	Calcium (%DV)	116%

Day 2

Breakfast

Calories: 414 • Carbohydrates: 52g

- Southwest Eggs:
 - 2 eggs, scrambled
 - 2 tbsp. pico de gallo
 - 1/4 cup low-sodium black beans
- 2 pieces whole wheat toast
- 1 tbsp. jam
- 1 cup black coffee

Morning Snack

Calories: 174 • Carbohydrates: 24g

- 15.3 oz. Chobani® Less Sugar*
Greek Yogurt Wild Blueberry with:
 - 1 tbsp. sliced almonds
 - 1/4 cup blueberries

Lunch

Calories: 402 • Carbohydrates: 53g

- Turkey Wrap:
 - 1 (8-inch) whole wheat tortilla
 - 2 oz. low-sodium turkey
 - 1 oz. low-sodium Swiss cheese
 - 2 slices tomato
 - 1/2 cup lettuce
- 1 cup grapes
- 12 oz. sparkling water

Afternoon Snack

Calories: 162 • Carbohydrates: 22g

- 4 whole wheat crackers
- 1 oz. low-fat Cheddar cheese
- 1 clementine

Dinner

Calories: 573 • Carbohydrates: 63g

- 1 serving Chobani™ Grilled Chicken and Arugula Salad with Creamy Avocado Dressing
- 1/2 cup cooked quinoa
- 1 1/2 cups steamed broccoli
- 1 cup 1% milk



Nutrition Facts—Day 2

Calories	1725
Total Fat (g)	54
Total Fat (%DV)	83%
Saturated Fat (g)	18
Sat. Fat (%DV)	90%
Carbohydrates (g)	213
Fiber (g)	33
Total Sugar (g)	86

Sodium (mg)	2907
Sodium (%DV)	122%
Potassium (mg)	3272
Potassium (%DV)	70%
Protein (g)	111
Vitamin A (%DV)	72%
Vitamin D (%DV)	25%
Calcium (%DV)	143%

Visit chobani.com for more information and recipes.

* Chobani® Less Sugar Greek Yogurt: 9g sugar; other yogurts: 18g sugar, per 5.3oz serving

2-Day Meal Plan for Kids with Diabetes

Insulin Matching

To keep blood glucose at optimal levels, kids should match their insulin dose to the number of carbohydrates at each meal or snack. Each of the following meals and snacks outline the total number of carbohydrates to help kids manage this dose.

Meal Planning Tips

A healthy eating style—which includes a variety of fruits, vegetables, whole grains, protein foods, and low-fat or fat-free dairy foods—is critical for supporting kids’ growth and development. For children with type 1 diabetes, learning to adjust insulin for differing carb amounts not only helps them keep blood glucose in check, but also allows for flexibility to ensure a balanced diet that provides all the nutrients they need. These handy menus—developed from the *2015–2020 Dietary Guidelines for Americans* recommendations and based on a 1,600–1,800 calorie diet for children 4–8 years—show how using 2–3 Chobani® products can help support a balanced meal plan for kids with type 1 diabetes.

Day 1

Breakfast Carbohydrates: 46g

- 1 cup toasted oat cereal
- 1/2 medium banana, sliced
- 1 cup 1% milk

Morning Snack Carbohydrates: 46g

- 1 (7 oz.) Chobani® Strawberry Banana Drink
- 2 2 1/2" graham cracker squares
- 1/2 cup sliced strawberries

Lunch Carbohydrates: 58g

- Tuna Salad Sandwich:
 - 2 slices whole wheat bread
 - 1/4 cup tuna salad
 - 2 slices tomato
 - 1/4 cup lettuce
- 1/2 cup peas
- 1 small apple, sliced
- 4 oz. water

Afternoon Snack Carbohydrates: 26g

- 2 medium celery stalks
- 2 tbsp. peanut butter
- 2 tbsp. raisins

Dinner Carbohydrates: 64g

- 1 serving Chobani™ White Bean Chicken Chili
- 1 cup cooked carrots
- 1/2 cup applesauce
- 1 cup 1% milk



Nutrition Facts—Day 1*

Calories	1771	Sodium (mg)	2147
Total Fat (g)	56	Sodium (%)	113%
Total Fat (%)	119%	Potassium (mg)	2977
Saturated Fat (g)	11	Potassium (%)	78%
Sat. Fat (%)	69%	Protein (g)	95
Carbohydrates (g)	241	Vitamin A (%)	527%
Fiber (g)	35	Vitamin D (%)	45%
Total Sugar (g)	119	Calcium (%)	132%

* 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*

Day 2

Breakfast Carbohydrates: 48g

- 1 mini whole wheat bagel
- 1 tbsp. peanut butter
- 1 tsp. jam
- 1/2 cup cantaloupe cubes
- 4 oz. unsweetened apple juice

Morning Snack Carbohydrates: 26g

- 1 brown rice cake
- 1 oz. part-skim mozzarella
- 1/2 small apple, sliced

Lunch Carbohydrates: 56g

- Grilled Cheese and Turkey Sandwich:
 - 2 slices whole wheat bread
 - 1 oz. low-fat Cheddar cheese
 - 2 oz. low-sodium turkey
- 3/4 cup low-sodium tomato soup
- 15.3 oz. Chobani® Less Sugar** Greek Yogurt Monterey Strawberry
- 4 oz. water

Afternoon Snack Carbohydrates: 28g

- 1 Chobani™ Fruit and Yogurt Pop
- 4 whole wheat crackers

Dinner Carbohydrates: 78g

- 1 chicken soft taco
- 1/2 cup brown rice
- 1/4 cup black beans
- 1 cup steamed broccoli
- 1 cup 1% milk



Nutrition Facts—Day 2*

Calories	1695	Sodium (mg)	2127
Total Fat (g)	41	Sodium (%)	112%
Total Fat (%)	87%	Potassium (mg)	2257
Saturated Fat (g)	16	Potassium (%)	59%
Sat. Fat (%)	100%	Protein (g)	94
Carbohydrates (g)	236	Vitamin A (%)	89%
Fiber (g)	28	Vitamin D (%)	27%
Total Sugar (g)	86	Calcium (%)	135%

* 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

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** Chobani® Less Sugar Greek Yogurt: 9g sugar; other yogurts: 18g sugar, per 5.3oz serving

