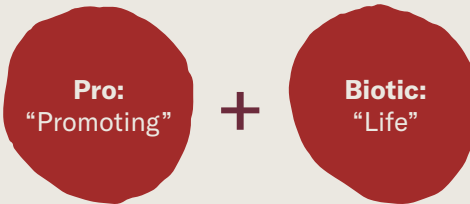


## Probiotics in yogurt: cultures of wellness



Probiotics are live and active bacterial cultures that can provide many possible health benefits when consumed in adequate amounts.<sup>1</sup> Tapping into these benefits is as simple as enjoying your favorite Chobani® yogurt.

### Probiotics are a beneficial bunch

Research on probiotics, such as those found in yogurt, shows they may support the following:

- **Digestive health:** Probiotics may be beneficial for healthy digestion and alleviating gut distress and disorders.<sup>2,3,4,5</sup>
- **Immune health:** Probiotics may increase immune system response and reduce the severity of respiratory illnesses.<sup>6</sup>
- **Lactose sensitivity:** Enzymes produced by probiotics can help break down lactose in the small intestine,<sup>6</sup> which helps those diagnosed as sensitive to lactose enjoy yogurt.
- **Emotional wellness:** An emerging body of evidence suggests that probiotics may support emotional health and mood.<sup>7,8</sup>
- **Type-2 diabetes:** Probiotics may help lower fasting glucose and insulin levels in individuals with type-2 diabetes.<sup>9,10</sup>

### Good nutrition and probiotics in one package

Yogurt is a natural source of probiotics. Chobani® yogurts specifically contain live and active cultures—*S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei* and *L. Rhamnosus*—which are reported to have probiotic benefits.

In addition to probiotics, every cup of Chobani® yogurts contain:

- Excellent source of high-quality protein
- Good source of calcium
- Excellent source of B vitamins, such as vitamin B12
- A source of potassium and magnesium
- Locally sourced farm-fresh milk
- No artificial flavors, preservatives, or sweeteners

This makes Chobani a naturally nutrient-dense food, in contrast to probiotic “pills”, which generally offer little in the way of nutritional benefits.



1 Allen SJ, Martinez EG, Gregorio GV, Dans LF. Probiotics for treating acute infectious diarrhea. Cochrane Review. 10 November 2010.

2 Goldenberg JZ et al. Probiotics for the prevention of antibiotic-associated diarrhea in children. Cochrane Review. 22 December 2015.

3 Norieh H et al. A systematic review and meta-analysis: probiotics in the treatment of irritable bowel syndrome. BMC Gastroenterol. 2009; 9: 15.

4 Saez-Lara MJ, Gomez-Llorente C, Plaza-Diaz J, Gil A. The Role of Probiotic Lactic Acid Bacteria and Bifidobacteria in the Prevention and Treatment of Inflammatory Bowel Disease and Other Related Disorders: A Systematic Review of Randomized Human Clinical Trials. BioMed Research international. 2015, Article ID 505878.

5 Vrese M. Probiotics – compensation for lactase insufficiency. Am. J Clin. Nutr. Feb 2001. 73.2:421-429s.

6 Hao Q, Dong BR, Wu T. Probiotics for preventing acute upper respiratory tract infections. Cochrane Database Syst Rev. 2015;2:CD006895.

7 Kirsten Tillisch et al. Consumption of Fermented Milk Product With Probiotic Modulates Brain Activity. Gastroenterol. 2013; 144(7): 1394-1401.e4.

8 Bravo JA et al. Ingestion of Lactobacillus strain regulates emotional behavior and central GABA receptor expression in a mouse via the vagus nerve. Proc Natl Acad Sci USA. 2011;108(38):16050-5.

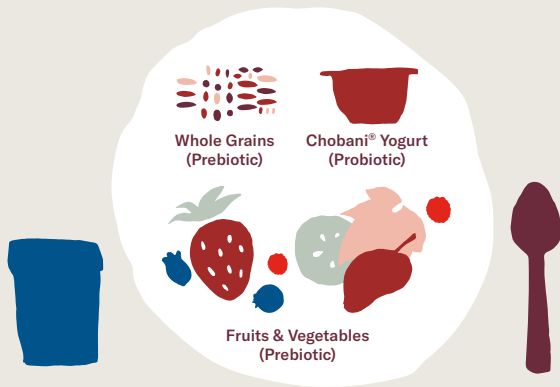
9 Kasina MA, Drewoski J. Effectiveness of probiotics in type 2 diabetes: a meta-analysis. Pol Arch Med Wewn. 2015; 125 (11): 803-813.

10 Tonucci LB et al. Clinical application of probiotics in type 2 diabetes mellitus: A randomized, double-blind, placebo-controlled study. Clin Nutr. 2015.

Prebiotics are non-digestible fibers that “feed” the beneficial probiotic bacteria in the gut. Prebiotics are found in a variety of high-fiber plant foods like onions, asparagus, and bananas, as well as Chobani® yogurts—thanks to prebiotic-containing ingredients like pectin and locust bean gum, which are in our fruit blends.\*

\*used to keep water in the real fruit from seeping into the yogurt.

## Prebiotic and probiotic foods on the plate—pair them up for maximum benefits



Prebiotics and probiotics work together to make the perfect mealtime pair. Check out our recipes that pair high-fiber foods like fruits, vegetables, and whole grains with probiotic foods like Chobani® yogurt. For recipes, visit [chobani.com/recipes](http://chobani.com/recipes).

Greek Yogurt is a smart ingredient to plus-up the nutrition of your favorite recipes. Keep in mind that probiotic cultures are destroyed during cooking, so make sure to add Chobani® yogurts after the cooking step, or in your favorite no-cook recipes, to reap the benefits of probiotics.

### Breakfast: Chobani® Overnight Oats



A satisfying and nutritious make-ahead breakfast, oats and apples provide prebiotic fiber plus probiotics from Greek Yogurt—the perfect way to fuel-up for a busy day.

### Snack: Chobani® Greek Yogurt with a hint of Wild Blueberry



Chobani® Greek Yogurt with a hint of flavor contains *S. Thermophilus*, *L. Bulgaricus*, *L. Acidophilus*, *Bifidus*, *L. Casei* and *L. Rhamnosus*—including probiotics, plus prebiotic action of pectin and locust bean gum, which are in our fruit blends\*, that feed the probiotic cultures.

\*used to keep water in the real fruit from seeping into the yogurt.

### Lunch: Chobani® Rotisserie Chicken Salad



This classic sandwich gets an upgrade by replacing a portion of mayonnaise with Greek Yogurt while red onion and whole wheat bread provide prebiotics. Add a pear on the side for an extra dose of prebiotic fiber.

### Dinner: Chobani® Kale Salad with Creamy Herb Dressing



This salad has it all! Garlic, shallots, avocado, and kale provide prebiotic fiber for the probiotics from Greek Yogurt to flourish.