

## Chobani® Yogurt: Nutrition in a Cup

Here at Chobani, we're on a mission to provide better food for more people. Every cup of our authentic Chobani® yogurt is a commitment to crafting food the right way, using real fruit, locally sourced fresh milk, and only natural, non-GMO ingredients. As a nutrient-dense food, each spoonful is packed with protein and essential vitamins and minerals, and contributes essential energy to power your day.

### Protein (22–30% Daily Value)

An excellent source of high-quality protein and double the protein of regular or traditional yogurt.\* Protein is important for active lifestyles, helping with muscle development, and contributing a feeling of fullness between meals.

### Calcium (15% Daily Value)

Important for building strong bones and teeth as well as proper muscle function and blood pressure.

### Magnesium (4% Daily Value)

Essential for maintaining bone health and supporting energy metabolism.

### Choline (4% Daily Value)

Supports many nerve and brain functions and a healthy metabolism.

### Less than 5% lactose

Each cup of our yogurt contains less than 5% lactose due to our straining process, which makes it a perfect part of a low-lactose diet.

### B Vitamins (30% Daily Value)

An excellent source of B vitamins (vitamins B5, B6, B12, riboflavin, and thiamine), which are vital for supporting the health of brain tissues, red blood cells, and the immune system.

### Phosphorous (20% Daily Value)

Component of teeth and bones; plays a role in how the body metabolizes energy.

### Zinc (5% Daily Value)

Crucial for growing and developing bodies and for supporting the immune system.

### Gluten-free

Our 5.3oz yogurt cups (excluding most Flip® flavors) are gluten-free, as verified by an independent scientific organization.

### Naturally low in sodium

Most Americans consume too much sodium, which may contribute to a variety of health concerns including high blood pressure and risks for heart health.

### Potassium (6% Daily Value)

Most Americans do not consume enough potassium, which helps maintain body fluids and blood pressure.

### Selenium (20% Daily Value)

Plays a role in cell growth and acts as an antioxidant to prevent cellular damage.

### Probiotics

Our yogurt contains 5 live and active cultures, including probiotics, which may support digestive health.

## More About Chobani® Yogurt

### Nutrient-dense

Low-fat, and fat-free dairy foods like Chobani® yogurt are part of a recommended healthy eating pattern that provides an excellent source of protein, a balance of good fats, and a host of naturally occurring essential vitamins and minerals.

### Balanced taste

A sensible amount of sweetness to balance the naturally tart taste of yogurt and real fruit.

### Something for everyone

Whether you like the creamy, tart taste of our authentic Greek Yogurt or the smooth, milder taste of our non-Greek yogurt, there's a protein-rich, naturally nutrition-packed Chobani® product to support you throughout your day, every day.



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