

Choose Chobani® Yogurt: Managing Lactose Intolerance



The 2015–2020 *Dietary Guidelines for Americans* identify dairy foods, including yogurt, as an essential source of key nutrients. People who avoid dairy foods due to diagnosed or perceived lactose intolerance may miss out on many nutritional and health benefits.¹ Chobani® yogurts are not only fermented but are made through an authentic straining process that reduces lactose to less than 5% per serving (about 4g per 5.3oz cup) while providing needed protein and calcium, which may make it a good nutrient-dense dairy option for those who are sensitive to lactose.

Our Greek Yogurt, for instance, uses an authentic straining process resulting in a thicker, creamier yogurt with an average of 12g of protein per 5.3oz serving—that's double the protein of regular yogurt.² Our Chobani® Smooth classic yogurt, meanwhile, is strained to create a non-Greek yogurt that's smooth and creamy with a mild taste, but still provides twice as much protein as other traditional yogurts² without sacrificing nutrition or using artificial additives.

As always, be sure to consult a physician before changing your diet, and ask if Chobani® yogurt is a good option for you.

The Dairy Benefit

Calcium

Dairy is considered the main dietary source of calcium, an essential mineral that contributes to bone strength across the lifespan. Those who avoid dairy may consume less-than-recommended amounts of calcium needed for normal bone growth.^{3,4}

Nutrient Essentials

Dairy supplies a host of important nutrients for health, including potassium, magnesium, iron, vitamins D and A, riboflavin, and choline. Avoidance of dairy foods, however, can decrease intakes of these key nutrients.⁵ That makes building a healthy eating pattern like those in the *Dietary Guidelines for Americans* more difficult.⁶

Live & Active Cultures

The live and active cultures found in yogurt partially break down lactose into simple sugars which are easier for digestion: making foods like Chobani® yogurt a potentially good dairy option for those who are lactose intolerant.⁵

Necessary for Children

The American Academy of Pediatrics (AAP) recommends that children with primary, diagnosed lactose intolerance consume dairy foods (especially partially lactose-digested products such as yogurts and cheese) as part of a healthy diet to get the recommended amount of calcium, protein, and other essential nutrients for bone health and growth.⁷

1 National Institutes of Health. NIH consensus development conference statement: lactose intolerance and health. NIH Consensus Development Program Archive. 2010; 27(2).

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

3 Stallings VA, Oddleifson NW, Negrini BY, Zemel BS, Wellens R. Bone mineral content and dietary calcium intake in children prescribed a low-lactose diet.

J Pediatr Gastroenterol Nutr. 1994;18:440-44

4 Di Stefano M, Veneto G, Malservisi S, et al. Lactose malabsorption and intolerance and peak bone mass. *Gastroenterol.* 2002;122:1793-1799.

5 Scientific Report of the 2015 Dietary Guidelines Advisory Committee. Feb 2015.

6 U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2015–2020 Dietary Guidelines for Americans (2016)

7 Heyman, MB. Lactose intolerance in infants, children, and adolescents. *Pediatrics.* 2006;118(3): 1279–1286.

Yogurt-Inspired Recipes for People with Lactose Intolerance



Breakfast

Bring back breakfast with a delicious *Açai Bowl*

Fruit pairs well with a nutritious Chobani® Açai Bowl, made with Greek Yogurt, fresh fruit, and whole grain granola.

Lunch

Instead of your usual sandwich, pack a salad with *Roasted Shallot Balsamic Vinaigrette*

Chobani® Greek Yogurt is vegetarian-friendly and gluten-free.

After School Snack

Plus up an afternoon snack with a *Kale and Spinach Smoothie*

Boost your protein and calcium with Greek Yogurt!

Dinner

Mix up your side dish. Serve a *Chobani® Farro Salad*

Replacing butter with Greek Yogurt cuts calories and saturated fat.

Dessert

Thought frozen dairy was off limits?

Try a *Mango Frozen Yogurt Pop*

A creamy treat with a nutrient-dense profile that's fun to eat.

More About Chobani® Yogurts



- Less than 5% lactose
- Excellent source of natural, high-quality protein
- Good source of calcium and contributes potassium
- 5 live and active cultures, with probiotics
- Made with only natural, non-GMO ingredients
- No artificial preservatives, sweeteners, or flavors
- Made with milk from cows not treated with rBST†

†According to the FDA, no significant difference has been found between milk derived from rBST-treated and non-rBST-treated cows.