

The background features several large, overlapping abstract shapes in muted colors: a light green circle in the top left, a dark red shape in the top right, a light pink shape in the middle right, and a dark red shape in the bottom left. A blue fruit icon is positioned on the right side, and a red fruit icon is in the upper middle. The text is centered in the middle of the page.

# Eat Chobani® Menu Models—Adults

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](http://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.<sup>1</sup> 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.<sup>2</sup> 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 calories 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.

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

<sup>2</sup> 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.

## Eat Chobani® Menu Model—Adults Day 1

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
<b>Breakfast</b>	¾ cup honey-nut oat cereal ½ cup 2% milk 1 medium apple 12 oz. black coffee, with 1 tsp. sugar	1 Chobani® Greek Yogurt with Peach on the Bottom (5.3oz) ⅓ cup granola 1 medium apple 12 oz. latte, 2% milk	<b>Calories (kcal)</b>	2291	2097	-194
			<b>Total Fat (g)</b>	115	81	-34
			Total Fat (%DV)	177%	125%	-52%
			<b>Saturated Fat (g)</b>	30	30	0
			Sat. Fat (%DV)	150%	150%	0%
<b>Snack</b>	1.5 oz. cheese-flavored tortilla chips 1 oz. ranch dip	½ cup cucumber, sliced 1 oz. Chobani™ Ranch Dressing	<b>Fiber (g)</b>	30	30	0
			<b>Total Sugar (g)</b>	100	109	+9
			<b>Sodium (mg)</b>	1767	1323	-444
<b>Lunch</b>	1 serving Macaroni Salad: 4 oz. whole grain elbow macaroni 2 oz. mayonnaise 2 tbsp. onion, chopped ¼ cup celery, chopped 2 tbsp. hardboiled egg, chopped 12 oz. unsweetened iced tea	1 serving Pesto Pasta Salad: 4 oz. whole grain elbow macaroni 2 oz. Chobani™ Pesto Vinaigrette 1 oz. fresh mozzarella ¼ cup cherry tomatoes 2 oz. grilled skinless chicken breast 12 oz. unsweetened iced tea	Sodium (%DV)	77%	58%	-19%
			<b>Potassium (mg)</b>	2583	2784	+201
			Potassium (%DV)	55%	59%	+4%
			<b>Protein (g)</b>	63	99	+36
			<b>Vitamin A (%DV)</b>	183%	174%	-9%
<b>Dinner</b>	3 oz. beef pot roast, lean ½ cup broccoli, steamed 1 oz. reduced-fat American cheese 5 oz. roasted sweet potato wedges 1 whole wheat dinner roll (1 oz.) ½ tbsp. butter, unsalted 1 cup chamomile tea	3 oz. beef pot roast, lean ½ cup broccoli, steamed 1 oz. reduced-fat American cheese 5 oz. roasted sweet potato wedges 1 whole wheat dinner roll (1 oz.) ½ tbsp. butter, unsalted 1 cup chamomile tea	<b>Vitamin D (%DV)</b>	17%	17%	0%
			<b>Calcium (%DV)</b>	48%	78%	+30%
			<b>Grain Intake</b>	104%	107%	+3%
			<b>Vegetable Intake</b>	72%	76%	+4%
			<b>Fruit Intake</b>	95%	97%	+2%
<b>Dessert</b>	4 oz. lemon sorbet ¼ cup blueberries	4 oz. lemon sorbet ¼ cup blueberries	<b>Dairy Foods Intake</b>	34%	62%	+28%
			<b>Protein Foods Intake</b>	61%	91%	+30%

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## Eat Chobani® Menu Model—Adults Day 2

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
<b>Breakfast</b>	1 plain bagel (3 in.) 1½ tbsp. grape jelly 12 oz. latte, 2% milk ½ tbsp. butter	1 serving Chobani™ Overnight Oats 12 oz. latte, 2% milk	<b>Calories (kcal)</b>	1722	1891	+169
			<b>Total Fat (g)</b>	67	63	-4
<b>Snack</b>	2 clementines 1 part-skim mozzarella string cheese (1 oz.) 10 whole wheat crackers (1.5 oz.)	2 clementines 1 part-skim mozzarella string cheese (1 oz.) 10 whole wheat crackers (1.5 oz.)	Total Fat (%DV)	103%	97%	-6%
			<b>Saturated Fat (g)</b>	20	16	-4
<b>Lunch</b>	1 Turkey Sandwich: 2 slices whole grain bread 2 oz. turkey lunchmeat 1 slice tomato ¼ cup romaine lettuce, shredded 8 medium baby carrots 12 oz. sparkling water	1 Turkey Sandwich: 2 slices whole grain bread 2 oz. turkey lunchmeat 1 slice tomato ¼ cup romaine lettuce, shredded 8 medium baby carrots 12 oz. sparkling water	Sat. Fat (%DV)	100%	80%	-20%
			<b>Fiber (g)</b>	21	31	+10
<b>Dinner</b>	3.5 oz. fried chicken breast ⅔ cup coleslaw 1 whole wheat dinner roll (1 oz.) 12 oz. unsweetened iced tea	1 Chobani™ Crispy Chicken Taco with Jicama Corn Salsa and Avocado Crema ⅔ cup coleslaw 1 whole wheat dinner roll (1 oz.) 12 oz. unsweetened iced tea	<b>Total Sugar (g)</b>	83	93	+10*
			<b>Sodium (mg)</b>	3019	2806	-213
<b>Dessert</b>	1 large chocolate chip cookie (3½–4 in.)	1 Chobani® Less Sugar Greek Yogurt Monterey Strawberry (5.3oz)	Sodium (%DV)	131%	122%	-9%
			<b>Potassium (mg)</b>	1621	2164	+543
			Potassium (%DV)	34%	46%	+11%
			<b>Protein (g)</b>	72	96	+24
			<b>Vitamin A (%DV)</b>	78%	80%	+2%
			<b>Vitamin D (%DV)</b>	.5%	6%	+5.5%
			<b>Calcium (%DV)</b>	62%	95%	+33%
			<b>Grain Intake</b>	115%	127%	+12%
			<b>Vegetable Intake</b>	61%	66%	+5%
			<b>Fruit Intake</b>	38%	71%	+33%
			<b>Dairy Foods Intake</b>	48%	97%	+49%
			<b>Protein Foods Intake</b>	88%	108%	+20%

\* Increase in sugar due to naturally occurring sugar in fruit and more nutrient-dense Greek yogurt.

## Eat Chobani® Menu Model—Adults

Day 3

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
<b>Breakfast</b>	1 large fried egg 2 slices of bacon 1 cup black coffee	1 whole wheat English muffin 1 tbsp. Almond Butter 1 Chobani® Cherry Vanilla Greek Yogurt drink (7oz) 1 cup black coffee	<b>Calories (kcal)</b>	1794	1551	-243
			<b>Total Fat (g)</b>	79	49	-30
<b>Snack</b>	1 tbsp. peanut butter 3 graham cracker squares (2.5 in.)	1 oz. Chobani™ Hummus 1 oz. whole wheat crackers	Total Fat (%DV)	122%	75%	-47%
			<b>Saturated Fat (g)</b>	18	13	-5
<b>Lunch</b>	1 serving Chicken Salad Sandwich 12 oz. unsweetened berry-flavored water	1 Chicken Salad Sandwich: 1 serving Chobani™ Rotisserie Chicken Salad 2 leaves fresh Bibb lettuce 2 slices whole wheat bread ½ cup steamed carrots 12 oz. unsweetened berry-flavored water	Sat. Fat (%DV)	90%	65%	-25%
			<b>Fiber (g)</b>	23	29	+6
<b>Dinner</b>	3 oz. salmon fillet, baked 3 cups baby spinach ½ medium tomato, chopped ¼ cup carrots, chopped 2 tbsp. ranch dressing ¼ cup croutons 1 small apple 8 oz. water	3 oz. salmon fillet, baked 3 cups baby spinach ½ medium tomato, chopped ¼ cup carrots, chopped 2 tbsp. Chobani™ Ranch Dressing ¼ cup croutons 1 small apple 8 oz. water	<b>Total Sugar (g)</b>	57	69	+12*
			<b>Sodium (mg)</b>	2718	1989	-729
<b>Dessert</b>	1 chocolate brownie (2 in. square), with ½ cup raspberries	1 Chobani® Flip® Coffee Brownie Bliss™ (5.3oz) ½ cup raspberries	Sodium (%DV)	118%	86%	-32%
			<b>Potassium (mg)</b>	1680	2401	+721
			Potassium (%DV)	36%	51%	+15%
			<b>Protein (g)</b>	85	96	+11
			<b>Vitamin A (%DV)</b>	125%	113%	-12%
			<b>Vitamin D (%DV)</b>	80%	56%	-24%
			<b>Calcium (%DV)</b>	31%	84%	+53%
			<b>Grain Intake</b>	54%	76%	+22%
			<b>Vegetable Intake</b>	89%	103%	+14%
			<b>Fruit Intake</b>	107%	108%	+1%
			<b>Dairy Foods Intake</b>	0%	58%	+58%
			<b>Protein Foods Intake</b>	182%	130%	-52%

\* Increase in sugar due to naturally occurring sugar in fruit and more nutrient-dense Greek yogurt.

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## Eat Chobani® Menu Model—Adults

Day 4

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
<b>Breakfast</b>	1 cup toasted oat cereal 1 cup 2% milk 1 medium orange 1 cup black coffee	1 cup toasted oat cereal 1 cup 2% milk 1 medium orange 1 cup black coffee	<b>Calories (kcal)</b>	2144	1940	-204
			<b>Total Fat (g)</b>	93	74	-19
			Total Fat (%DV)	143%	114%	-29%
			<b>Saturated Fat (g)</b>	22	19	-3
			Sat. Fat (%DV)	110%	95%	-15%
			<b>Fiber (g)</b>	18	16	-2
			<b>Total Sugar (g)</b>	79	81	+2
			<b>Sodium (mg)</b>	3250	2790	-460
			Sodium (%DV)	141%	121%	-20%
			<b>Potassium (mg)</b>	2334	2492	+158
			Potassium (%DV)	50%	53%	+3%
			<b>Protein (g)</b>	96	113	+17
			<b>Vitamin A (%DV)</b>	66%	66%	0%
			<b>Vitamin D (%DV)</b>	20%	20%	0%
			<b>Calcium (%DV)</b>	63%	83%	+20%
			<b>Grain Intake</b>	98%	98%	0%
			<b>Vegetable Intake</b>	48%	48%	0%
			<b>Fruit Intake</b>	37%	37%	0%
			<b>Dairy Foods Intake</b>	33%	75%	+42%
			<b>Protein Foods Intake</b>	110%	180%	+70%
<b>Snack</b>	1 oz. cracker snack mix	1 Chobani® Greek Yogurt with Strawberry on the Bottom (5.3oz)				
<b>Lunch</b>	1 Hamburger: 1 2-oz. burger bun 3 oz. ground beef patty, 90% lean 1 slice lettuce 1 slice tomato 2 tbsp. ketchup 1 tbsp. mustard 1 tbsp. mayo 6 oz. Caesar side salad (lettuce, dressing, croutons, Parmesan) 12 oz. iced black coffee	1 Hamburger: 1 2-oz. burger bun 3 oz. ground beef patty, 90% lean 1 slice lettuce 1 slice tomato 2 tbsp. ketchup 1 tbsp. mustard 1 tbsp. Chobani® Savor™, Low-Fat 6 oz. Caesar side salad (lettuce, dressing, croutons, Parmesan) 12 oz. iced black coffee				
<b>Dinner</b>	1 serving Bruschetta: 2 1-oz. slices French bread ¾ large tomato, chopped 1 tbsp. olive oil ½ clove garlic 2 tbsp. fresh herbs 2½ oz. Fettuccini Alfredo 2½ oz. grilled skinless chicken ½ cup broccoli 12 oz. sparkling water	1 serving Bruschetta: 2 1-oz. slices French bread ¾ large tomato, chopped 1 tbsp. olive oil ½ clove garlic 2 tbsp. fresh herbs 2½ oz. Fettuccini Alfredo 2½ oz. grilled skinless chicken ½ cup broccoli 12 oz. sparkling water				
<b>Dessert</b>	1 piece red velvet cake, with cream cheese icing (3.25 oz.)	1 Chobani® Flip® Peanut Butter Dream® (5.3oz)				

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## Eat Chobani® Menu Model—Adults

Day 5

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
<b>Breakfast</b>	1 waffle (7 in.) 2 tbsp. maple syrup 1 cup raspberries 1 cup black tea, with 1 tbsp. 2% milk	2 Chobani™ Perfect Pancakes, 2 tbsp. maple syrup 1 cup raspberries 1 cup black tea, with 1 tbsp. 2% milk	<b>Calories (kcal)</b>	1563	1610	+47
			<b>Total Fat (g)</b>	69	55	-14
			Total Fat (%DV)	106%	84%	-22%
			<b>Saturated Fat (g)</b>	22	17	-5
<b>Snack</b>	2 large celery stalks 2 tbsp. peanut butter	2 large celery stalks 2 tbsp. peanut butter	Sat. Fat (%DV)	110%	85%	-25%
			<b>Fiber (g)</b>	23	27	+4
<b>Lunch</b>	1 Grilled Cheese Sandwich: 2 slices whole wheat bread 1 oz. American cheese 1 cup low-sodium tomato soup 8 oz. unsweetened tea	1 Grilled Cheese Sandwich: 2 slices whole wheat bread 1 oz. American cheese 1 cup low-sodium tomato soup 8 oz. unsweetened tea	<b>Total Sugar (g)</b>	79	72	-7
			<b>Sodium (mg)</b>	1777	1749	-28
			Sodium (%DV)	77%	76%	-1%
<b>Dinner</b>	1 serving Chicken Fajitas: 3 oz. chicken, grilled 2 oz. onion, chopped 2 oz. red pepper 2 corn tortillas 1 oz. sour cream ¼ cup guacamole ½ oz. baked tortilla chips 12 oz. sparkling water	1 serving Chicken Fajitas: 3 oz. chicken, grilled 2 oz. onion, chopped 2 oz. red pepper 2 corn tortillas 1 oz. Chobani® Savor™, Low-Fat ¼ cup Chobani™ Guacamole ½ oz. whole grain tortilla chips 12 oz. sparkling water	<b>Potassium (mg)</b>	1995	2743	+748
			Potassium (%DV)	42%	58%	+16%
			<b>Protein (g)</b>	64	83	+19
			<b>Vitamin A (%DV)</b>	35%	38%	+3%
			<b>Vitamin D (%DV)</b>	12%	20%	+8%
<b>Dessert</b>	¾ cup coconut sorbet	1 Chobani® Coconut Blended Greek Yogurt (5.3oz)	<b>Calcium (%DV)</b>	73%	86%	+13%
			<b>Grain Intake</b>	70%	94%	+24%
			<b>Vegetable Intake</b>	99%	116%	+17%
			<b>Fruit Intake</b>	50%	50%	0%
			<b>Dairy Foods Intake</b>	36%	74%	+38%
			<b>Protein Foods Intake</b>	91%	95%	+4%

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## Eat Chobani® Menu Model—Adults Day 6

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
<b>Breakfast</b>	2 medium pancakes 2 tbsp. maple syrup 1 medium pear 12 oz. latte, 2% milk	1 Chobani® Less Sugar Greek Yogurt Madagascar Vanilla & Cinnamon (5.3oz) ¼ cup whole grain granola 1 medium pear 12 oz. latte, 2% milk	<b>Calories (kcal)</b>	1924	1706	-218
			<b>Total Fat (g)</b>	67	54	-13
<b>Snack</b>	10 whole wheat crackers (1.5 oz) 2 tbsp. roasted garlic hummus, with 100% olive oil	10 whole wheat crackers (1.5 oz) 2 tbsp. roasted garlic hummus, with 100% olive oil	Total Fat (%DV)	103%	83%	-20%
			<b>Saturated Fat (g)</b>	16	16	0
<b>Lunch</b>	2 cups potato & broccoli cheese soup 1 oz. whole wheat crackers 6 carrot sticks 6 celery sticks 12 oz. unsweetened, citrus-flavored sparkling water	1 serving Chobani™ White Bean Chicken Chili (13 oz.) 1 oz. whole wheat crackers 6 carrot sticks 6 celery sticks 12 oz. unsweetened, citrus-flavored sparkling water	Sat. Fat (%DV)	80%	80%	0%
			<b>Fiber (g)</b>	30	31	+1
<b>Dinner</b>	3 oz. turkey meatloaf (from frozen) 1 Side Salad: 1 cup lettuce ¼ cup cherry tomatoes ½ cup shredded carrots 1 tbsp. light balsamic vinaigrette 1 oz. blue cheese 1 small baked potato 12 oz. unsweetened, citrus-flavored sparkling water	3 oz. turkey meatloaf (from frozen) 1 Side Salad: 1 cup lettuce ¼ cup cherry tomatoes ½ cup shredded carrots 1 tbsp. light balsamic vinaigrette 1 oz. blue cheese 1 small baked potato 12 oz. unsweetened, citrus-flavored sparkling water	<b>Total Sugar (g)</b>	104	76	-28
			<b>Sodium (mg)</b>	3360	2275	-1085
<b>Dessert</b>	1 slice Dutch apple pie	1 Chobani® Flip® Apple Crisp Twist® (5.3oz)	Sodium (%DV)	146%	99%	-47%
			<b>Potassium (mg)</b>	1935	2096	+161
			Potassium (%DV)	41%	44%	+3%
			<b>Protein (g)</b>	49	93	+44
			<b>Vitamin A (%DV)</b>	67%	54%	-13%
			<b>Vitamin D (%DV)</b>	0%	0%	0%
			<b>Calcium (%DV)</b>	65%	75%	+10%
			<b>Grain Intake</b>	74%	68%	-6%
			<b>Vegetable Intake</b>	136%	104%	-32%*
			<b>Fruit Intake</b>	55%	55%	0%
			<b>Dairy Foods Intake</b>	44%	79%	+35%
			<b>Protein Foods Intake</b>	33%	111%	+78%

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\* Decrease in grain intake due to the substitution of more nutrient-dense granola and Chobani® Greek Yogurt for plain pancakes

\*\* Decrease in vegetable intake is due to the substitution of potato & broccoli cheese soup (lunch) for Chobani™ White Bean Chicken Chili. Despite this decrease, vegetable intake is still above recommendations.



## Eat Chobani® Menu Model—Adults Day 7

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
<b>Breakfast</b>	1 breakfast burrito: 1 egg scrambled 1 oz. Swiss cheese ¼ cup black beans ¼ cup sautéed peppers and onions 1 10-in. whole wheat tortilla	1 breakfast burrito: 1 egg scrambled 1 oz. Swiss cheese ¼ cup black beans ¼ cup sautéed peppers and onions 1 10-in. whole wheat tortilla	<b>Calories (kcal)</b>	1950	1710	-240
			<b>Total Fat (g)</b>	88	65	-23
<b>Snack</b>	1 blueberry muffin (2 x 2¾ in.)	1 Chobani™ Citrus Poppy Seed Muffin	Total Fat (%DV)	135%	100%	-35%
			<b>Saturated Fat (g)</b>	33	28	-5
<b>Lunch</b>	2 oz. grilled chicken, skinless 2 cups romaine lettuce ¼ cup cherry tomatoes 1 oz. blue cheese dressing 1 tbsp. Parmesan 1 whole wheat dinner roll (1 oz.) ½ tsp. butter, unsalted 8 oz. cranberry spritzer (4 oz. 100% cranberry juice + 4 oz. sparkling water)	2 oz. grilled chicken, skinless 2 cups romaine lettuce ¼ cup cherry tomatoes 1 oz. Chobani™ Eggless Caesar Dressing 1 tbsp. Parmesan 1 whole wheat dinner roll (1 oz.) ½ tsp. butter, unsalted 8 oz. cranberry spritzer (4 oz. 100% cranberry juice + 4 oz. sparkling water)	Sat. Fat (%DV)	165%	140%	-25%
			<b>Fiber (g)</b>	22	22	0
<b>Dinner</b>	2 oz. whole grain spaghetti 2 oz. turkey meatballs 1 tbsp. Parmesan ½ cup tomato sauce 1 whole grain breadstick (1.3 oz.) ½ cup green beans, steamed 8 oz. unsweetened iced tea	2 oz. whole grain spaghetti 2 oz. turkey meatballs 1 tbsp. Parmesan ½ cup tomato sauce 1 whole grain breadstick (1.3 oz.) ½ cup green beans, steamed 8 oz. unsweetened iced tea	<b>Total Sugar (g)</b>	101	83	-18
			<b>Sodium (mg)</b>	2772	2601	-171
<b>Dessert</b>	½ slice cheesecake, with 1 tbsp. strawberry topping	1 Chobani® Mixed Berry Greek Yogurt drink (7oz)	Sodium (%DV)	121%	113%	-8%
			<b>Potassium (mg)</b>	2185	2459	+274
<b>Dinner</b>	2 oz. whole grain spaghetti 2 oz. turkey meatballs 1 tbsp. Parmesan ½ cup tomato sauce 1 whole grain breadstick (1.3 oz.) ½ cup green beans, steamed 8 oz. unsweetened iced tea	2 oz. whole grain spaghetti 2 oz. turkey meatballs 1 tbsp. Parmesan ½ cup tomato sauce 1 whole grain breadstick (1.3 oz.) ½ cup green beans, steamed 8 oz. unsweetened iced tea	Potassium (%DV)	47%	52%	+5%
			<b>Protein (g)</b>	74	84	+10
<b>Dessert</b>	½ slice cheesecake, with 1 tbsp. strawberry topping	1 Chobani® Mixed Berry Greek Yogurt drink (7oz)	<b>Vitamin A (%DV)</b>	87%	100%	+13%
			<b>Vitamin D (%DV)</b>	6%	7%	+1%
<b>Dinner</b>	2 oz. whole grain spaghetti 2 oz. turkey meatballs 1 tbsp. Parmesan ½ cup tomato sauce 1 whole grain breadstick (1.3 oz.) ½ cup green beans, steamed 8 oz. unsweetened iced tea	2 oz. whole grain spaghetti 2 oz. turkey meatballs 1 tbsp. Parmesan ½ cup tomato sauce 1 whole grain breadstick (1.3 oz.) ½ cup green beans, steamed 8 oz. unsweetened iced tea	<b>Calcium (%DV)</b>	81%	98%	+17%
			<b>Grain Intake</b>	72%	89%	+17%
<b>Dessert</b>	½ slice cheesecake, with 1 tbsp. strawberry topping	1 Chobani® Mixed Berry Greek Yogurt drink (7oz)	<b>Vegetable Intake</b>	98%	98%	0%
			<b>Fruit Intake</b>	74%	75%	+1%
<b>Dinner</b>	2 oz. whole grain spaghetti 2 oz. turkey meatballs 1 tbsp. Parmesan ½ cup tomato sauce 1 whole grain breadstick (1.3 oz.) ½ cup green beans, steamed 8 oz. unsweetened iced tea	2 oz. whole grain spaghetti 2 oz. turkey meatballs 1 tbsp. Parmesan ½ cup tomato sauce 1 whole grain breadstick (1.3 oz.) ½ cup green beans, steamed 8 oz. unsweetened iced tea	<b>Dairy Foods Intake</b>	34%	73%	+39%
			<b>Protein Foods Intake</b>	104%	108%	+4%

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