



Eat Chobani® Menu Models—Children

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

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.¹ 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.² 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 grams 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.

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

² 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.

Chobani® Menu Model—Children (4–8 years old)

Day 1

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1½ cup 2% milk 1 cup toasted oat cereal ½ cup calcium-fortified orange juice	1½ cup 2% milk 1 cup toasted oat cereal ½ cup calcium-fortified orange juice	Calories (kcal)	1686	1308	-378
			Total Fat (g)	55	32	-23
			Total Fat (%*)	117%	68%	-49%
			Saturated Fat (g)	22	11	-11
Snack	½ tbsp. peanut butter 6 saltine crackers (⅔ oz.)	4 oz. Chobani™ Hummus 6 medium baby carrots 6 celery sticks	Sat. Fat (%*)	138%	69%	-69%
			Fiber (g)	18	25	+7
Lunch	6 chicken nuggets (from frozen) (4 oz.) 1 tbsp. barbecue sauce 1 medium orange 2 chocolate chip cookies (1 oz.)	½ serving Chobani™ Rotisserie Chicken Salad ¾ cup red bell pepper strips 1 medium orange 1 Chobani® Gimmies™ Choco Chunk Cookie Dunk Yogurt Crunch (4oz)	Total Sugar (g)	124	86	-38
			Sodium (mg)	2549	2080	-469
			Sodium (%*)	134%	109%	-25%
			Potassium (mg)	2730	2950	+220
Dinner	1 cup whole grain spaghetti ½ cup marinara sauce 3 tbsp. Parmesan cheese 1½ cup 2% milk, with 2 tbsp. chocolate syrup	1 cup whole grain spaghetti ½ cup marinara sauce 3 tbsp. Parmesan cheese 1 Chobani® Gimmies™ Cookies & Cream Crush Yogurt Milkshake (4oz)	Potassium (%*)	72%	78%	+6%
			Protein (g)	67	72	+5
			Vitamin A (%*)	190%	289%	+99%
			Vitamin D (%*)	67%	84%	+17%
Dessert	1 chocolate pudding cup (4 oz.)	1 Chobani® Gimmies™ Super Berry Rocket Yogurt Tube (1.5oz)	Calcium (%*)	153%	127%	-26%
			Grain Intake	81%	60%	-21%**
			Vegetable Intake	20%	97%	+77%
			Fruit Intake	80%	81%	+1%
			Dairy Foods Intake	114%	99%	-15%
			Protein Foods Intake	50%	59%	+9%

Visit chobani.com for more information and recipes.

* 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

** Decrease in grain intake due to the substitution of saltine crackers and peanut butter (snack) for more nutrient-dense Chobani™ Hummus and baby carrots and celery

Chobani® Menu Model—Children (4–8 years old)

Day 2

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 cup 2% milk 2 chocolate chip pancakes (from frozen) (2.5 oz.) 1 tbsp. butter 2 tbsp. maple syrup	1 cup 2% milk 2 Chobani™ Perfect Pancakes, 2 tbsp. maple syrup	Calories (kcal)	1795	1814	+19
			Total Fat (g)	69	57	-12
			Total Fat (%*)	147%	121%	-26%
			Saturated Fat (g)	29	28	-1
Snack	2 graham cracker squares (2½ in.) 3 oz. unsweetened apple juice	1 cup Chobani® Low-Fat Plain Greek Yogurt 1 small banana sliced	Sat. Fat (%*)	181%	175%	-6%
			Fiber (g)	15	17	+2
Lunch	1 slice cheese pizza (from frozen) (15.1 oz.) 12 medium baby carrots ½ cup mandarin oranges, packed in juice	1 slice cheese pizza (from frozen) (15.1 oz.) 12 medium baby carrots ½ cup mandarin oranges, packed in juice	Total Sugar (g)	114	110	-4
			Sodium (mg)	2520	2406	-114
			Sodium (%*)	133%	127%	-6%
			Potassium (mg)	2730	2988	+258
Dinner	1 medium slice meatloaf, 90% lean (3 oz.) ½ cup Chobani™ Mashed Potatoes 1 cup 2% milk ½ cup peas (from frozen)	1 medium slice meatloaf, 90% lean (3 oz.) ½ cup Chobani™ Mashed Potatoes 1 cup 2% milk ½ cup peas (from frozen)	Potassium (%*)	72%	78%	+6%
			Protein (g)	60	96	+36
			Vitamin A (%*)	436%	380%	-56%
			Vitamin D (%*)	40%	102%	+62%
Dessert	1 ice cream sandwich (2.5 oz.)	1 Chobani® Gimmies™ Chillin' Mint Chocolate Yogurt Milkshake (4oz)	Calcium (%*)	114%	137%	+23%
			Grain Intake	51%	100%	+49%
			Vegetable Intake	77%	80%	+3%
			Fruit Intake	56%	78%	+22%
			Dairy Foods Intake	97%	126%	+29%
			Protein Foods Intake	31%	36%	+5%

* 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

Visit chobani.com for more information and recipes.

Chobani® Menu Model—Children (4–8 years old)

Day 3

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 cup 2% milk 1 large egg, scrambled ½ whole wheat English muffin 1 tsp. butter 1 tbsp. strawberry jam	1 cup 2% milk 1 large egg, scrambled ½ whole wheat English muffin 1 tsp. butter 1 tbsp. strawberry jam	Calories (kcal)	1572	1531	-41
			Total Fat (g)	57	61	+4
			Total Fat (%*)	121%	130%	+9%
			Saturated Fat (g)	23	22	-1
			Sat. Fat (%*)	144%	138%	-6%
Snack	1 medium banana 1 tbsp. peanut butter	1 medium banana 1 tbsp. peanut butter	Fiber (g)	15	18	+3
			Total Sugar (g)	101	82	-19
Lunch	1 small cheeseburger 1 oz. French fries (from frozen) 2 tbsp. ketchup ½ cup peach slices, packed in juice	1 small cheeseburger 2 oz. Chobani™ Guacamole ½ oz. whole grain tortilla chips ½ cup cucumber ½ cup peach slices, packed in juice	Sodium (mg)	2577	2221	-356
			Sodium (%*)	136%	117%	-19%
			Potassium (mg)	2409	2544	+135
			Potassium (%*)	64%	47%	-17%
			Protein (g)	65	69	+4
			Vitamin A (%*)	116%	117%	+1%
			Vitamin D (%*)	48%	54%	+6%
Dinner	1 cup 2% milk 1 small chicken and cheese taco, soft corn tortilla ¼ cup brown rice ¼ cup refried beans (canned)	1 cup 2% milk 1 small chicken and cheese taco, soft corn tortilla ¼ cup brown rice ¼ cup refried beans (canned)	Calcium (%*)	119%	116%	-3%
			Grain Intake	74%	83%	+9%
			Vegetable Intake	13%	31%	+18%
			Fruit Intake	86%	86%	0%
			Dairy Foods Intake	103%	103%	0%
Dessert	1 vanilla pudding cup	1 Chobani® Gimmies™ Cherry Set Go Yogurt Tube (1.5oz)	Protein Foods Intake	113%	113%	0%

* 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

Visit chobani.com for more information and recipes.

Chobani® Menu Model—Children (4–8 years old)

Day 4

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 cup calcium-fortified orange juice 1 waffle (from frozen) (4 in.) ½ tbsp. butter 1 tbsp. maple syrup ½ medium banana	1 cup calcium-fortified orange juice 1 serving Berry Parfait: ¼ cup honey granola ⅓ cup strawberries 1 Chobani® Vanilla Blended Greek Yogurt (5.3oz)	Calories (kcal)	1914	1705	-209
			Total Fat (g)	58	36	-22
			Total Fat (%*)	123%	77%	-46%
			Saturated Fat (g)	15	8	-7
			Sat. Fat (%*)	94%	50%	-44%
Snack	3 chocolate sandwich cookies (1.2 oz.)	1 Chobani® Gimmies™ See Ya Later Strawberry Yogurt Pouch	Fiber (g)	18	19	+1
			Total Sugar (g)	112	98	-14
Lunch	1 Turkey Sandwich: 2 slices whole wheat bread 1 oz. turkey 1 tbsp. mayonnaise ½ medium tomato ½ cup apple slices	1 Turkey Sandwich: 2 slices whole wheat bread 1 oz. turkey 1 tbsp. Chobani® Savor™, Low-Fat ½ medium tomato ½ cup apple slices	Sodium (mg)	2203	1771	-432
			Sodium (%*)	116%	93%	-23%
			Potassium (mg)	2417	2555	+138
			Potassium (%*)	64%	67%	+3%
			Protein (g)	60	79	+19
			Vitamin A (%*)	108%	62%	-46%
			Vitamin D (%*)	20%	22%	+2%
			Calcium (%*)	65%	76%	+11%
			Grain Intake	115%	117%	+2%
			Vegetable Intake	42%	42%	0%
			Fruit Intake	127%	125%	-2%
			Dairy Foods Intake	33%	60%	+27%
Dessert	½ cup apple crisp	½ cup apple crisp	Protein Foods Intake	86%	113%	+27%

* 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

Visit chobani.com for more information and recipes.

Chobani® Menu Model—Children (4–8 years old)

Day 5

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 cup of puffed rice cereal 1 cup 2% milk 1 medium orange	1 cup of puffed rice cereal 1 cup 2% milk 1 medium orange	Calories (kcal)	1997	1786	-211
			Total Fat (g)	95	77	-18
			Total Fat (%*)	202%	164%	-38%
			Saturated Fat (g)	42	38	-4
Snack	1 part-skim mozzarella string cheese (1 oz.) 10 hard pretzels (2 oz.)	1 Chobani® Gimmies™ Super Berry Rocket Yogurt Tube (1.5oz) 10 whole grain crackers (2 oz.)	Sat. Fat (%*)	263%	238%	-25%
			Fiber (g)	19	19	0
			Total Sugar (g)	65	64	-1
			Sodium (mg)	3284	2950	-334
Lunch	1 Grilled Cheese Sandwich: 2 slices whole wheat bread 1 tbsp. butter 2 oz. provolone cheese 2 slices low sodium turkey ½ cup tomato soup	1 Grilled Cheese Sandwich: 2 slices whole wheat bread 1 tbsp. butter 2 oz. provolone cheese 2 slices low sodium turkey ½ cup tomato soup	Sodium (%*)	173%	155%	-18%
			Potassium (mg)	2054	2221	+167
			Potassium (%*)	54%	59%	+5%
			Protein (g)	79	80	+1
Dinner	1 slice of cheese pizza ½ cup mixed frozen veggies (baby peas and corn) 1 tbsp. butter	1 slice of cheese pizza ½ cup mixed frozen veggies (baby peas and corn) 1 tbsp. butter	Vitamin A (%*)	168%	166%	-2%
			Vitamin D (%*)	23%	35%	+12%
			Calcium (%*)	141%	133%	-8%**
			Grain Intake	116%	116%	0%
Dessert	½ cup peach cobbler	1 Chobani® Gimmies™ Rainbow Sprinkle Cone Yogurt Crunch (4oz)	Vegetable Intake	60%	60%	0%
			Fruit Intake	49%	49%	0%
			Dairy Foods Intake	156%	154%	-2%**
			Protein Foods Intake	40%	40%	0%

Visit chobani.com for more information and recipes.

* 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

** Slight decrease in calcium and dairy intake due to the substitution of mozzarella cheese stick (snack) with more nutrient-dense Chobani® Gimmies™ Super Berry Rocket Yogurt Tube. Despite this decrease, calcium and dairy intakes are still above recommendations.

Chobani® Menu Model—Children (4–8 years old)

Day 6

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 slice whole wheat toast 1 tbsp. peanut butter 1 tbsp. strawberry jam ½ medium banana, sliced 1 cup 2% milk	1 slice whole wheat toast 1 tbsp. peanut butter 1 tbsp. strawberry jam ½ medium banana, sliced 1 cup 2% milk	Calories (kcal)	1773	1452	-321
			Total Fat (g)	70	53	-17
Snack	2 chocolate chip cookies (1 oz.) ½ cup orange-flavored sports drink	1 Chobani® Gimmies™ Bizzy Buzzy Strawberry Milkshake (4oz)	Total Fat (%*)	149%	113%	-36%
			Saturated Fat (g)	25	23	-2
Lunch	1 beef hot dog (2 oz.), whole wheat hot dog bun ½ tbsp. ketchup ½ tbsp. mustard ½ cup unsweetened apple juice ½ cup roasted corn and bell peppers	1 beef hot dog (2 oz.), whole wheat hot dog bun ½ tbsp. ketchup ½ tbsp. mustard ½ cup unsweetened apple juice ½ cup roasted corn and bell peppers	Sat. Fat (%*)	156%	144%	-12%
			Fiber (g)	14	13	-1
Dinner	1 serving tuna noodle casserole (8 oz.) ½ cup broccoli, steamed 1 cup 2% milk	1 serving Chobani™ Baked Penne with Spinach and Sun-Dried Tomatoes ½ cup broccoli, steamed 1 cup 2% milk	Total Sugar (g)	95	100	+5**
			Sodium (mg)	2683	2003	-680
Dessert	1 puffed rice cereal marshmallow treat (1.3 oz.)	1 Chobani™ Cranberry Oatmeal Bar	Sodium (%*)	141%	105%	-36%
			Potassium (mg)	1804	2304	+500
			Potassium (%*)	47%	61%	+14%
			Protein (g)	65	63	-2
			Vitamin A (%*)	113%	149%	+36%
			Vitamin D (%*)	56%	82%	+26%
			Calcium (%*)	98%	126%	+28%
			Grain Intake	81%	54%	-27%***
			Vegetable Intake	38%	52%	+14%
			Fruit Intake	57%	68%	+11%
			Dairy Foods Intake	89%	114%	+25%
			Protein Foods Intake	101%	61%	-40%

Visit chobani.com for more information and recipes.

* 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

** Increase in sugar due to the substitution of puffed rice marshmallow treat (dessert) for more nutrient-dense dessert.

*** Decrease in grain intake due to a decrease in refined grains.

Chobani® Menu Model—Children (4–8 years old)

Day 7

	Base Menu	Eat Chobani®	Nutritional Value	Base Menu	Eat Chobani®	Difference
Breakfast	1 cup 2% milk 1 cup toasted oat cereal ½ cup calcium-fortified orange juice 1 small apple 1 tbsp. peanut butter	1 cup 2% milk 1 cup toasted oat cereal ½ cup calcium-fortified orange juice 1 small apple 1 tbsp. peanut butter	Calories (kcal)	1617	1664	+47
			Total Fat (g)	64	76	+12**
			Total Fat (%*)	136%	162%	+26%**
			Saturated Fat (g)	22	37	+15**
			Sat. Fat (%*)	138%	231%	+93%**
Snack	2 pieces granola bar (1.5 oz.)	1 Chobani® Gimmies™ Creamy Orange Dreamy Yogurt Tube (1.5oz)	Fiber (g)	24	22	-2***
			Total Sugar (g)	75	70	-5
Lunch	½ cup Alfredo sauce 1 cup whole wheat pasta ½ cup baby carrots, cut 1 tbsp. ranch	¼ cup Alfredo sauce 1 cup whole wheat pasta ½ cup baby carrots, cut 1 tbsp. Chobani™ Ranch Dressing	Sodium (mg)	2257	1397	-860
			Sodium (%*)	119%	74%	-45%
			Potassium (mg)	1999	2252	+253
			Potassium (%*)	53%	59%	+6%
			Protein (g)	70	81	+11
Dinner	1 cup macaroni and cheese (from frozen) 3 oz. chicken breast ½ cup broccoli, steamed	1 serving Chobani™ Macaroni and Cheese 3 oz. chicken breast ½ cup broccoli, steamed	Vitamin A (%*)	332%	444%	+112%
			Vitamin D (%*)	27%	46%	+19%
			Calcium (%*)	80%	114%	+34%
			Grain Intake	80%	73%	-7%***
			Vegetable Intake	55%	56%	+1%
Dessert	½ cup unsweetened applesauce	½ cup unsweetened applesauce	Fruit Intake	154%	154%	0%
			Dairy Foods Intake	60%	97%	+37%
			Protein Foods Intake	80%	80%	0%

Visit chobani.com for more information and recipes.

* 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

** Substantial increase in nutrient-dense dairy intake caused increase in total and saturated fat

*** Decrease in fiber and grain intake due to the substitution of granola bar (snack) for more nutrient-dense Greek Yogurt.