

Nutrition in a Cup: Chobani® Less Sugar* Greek Yogurt



When it comes to sweetness, palates are varied. At Chobani, a single ingredient like sugar never diminishes the great nutrition in our naturally nutrient-dense yogurts. But, at the same time, there are those who are looking to keep added sugars in check without sacrificing flavor. Our new line of Chobani® Less Sugar* Greek Yogurt strikes the right balance. A low-fat (2% milkfat), nutrient-dense Greek Yogurt that relies primarily on varietal fruits and spices for its taste, Chobani® Less Sugar* Greek Yogurt offers a subtly sweet high protein option that like all Chobani® yogurts, is an excellent choice to support a healthier lifestyle.

Subtly sweet

Chobani® Less Sugar* Greek Yogurt contains no more than 9 grams of sugar per cup—50% less sugar than other yogurts*.

Chobani® Less Sugar*
Greek Yogurt



Other yogurt



No artificial ingredients

Chobani® Less Sugar* Greek Yogurt is made with only natural, non-GMO ingredients, and never any thickeners, preservatives, or artificial sweeteners.

* Chobani® Less Sugar* Greek Yogurt: 9g sugar; other yogurts: 18g sugar per 5.3oz serving.

Nutrition in a cup

Like all Chobani® yogurts, Chobani® Less Sugar* Greek Yogurt is naturally rich in many essential nutrients that support good health and aligns with national dietary guidance.

- **Excellent source of high-quality protein:** Just one serving contains nearly a quarter of one's daily protein needs (24% DV)
- **Good source of calcium:** Each cup is full of calcium (15% DV), which supports bone health.
- **Many macro and micronutrients:** Greek Yogurt provides a host of essential nutrients including carbohydrates, potassium, magnesium, and B vitamins.
- **Six live and active cultures:** The probiotics found in every cup help support digestive health and immune health.
- **Low in sodium:** All Greek Yogurt is naturally low in sodium, which can protect heart health.

A flavor for everyone

Unique varietal fruit purees and spices provide the subtle sweetness in Chobani® Less Sugar* Greek Yogurt—and there's an option for everyone.

-  **Monterey Strawberry:** A uniquely aromatic strawberry with outstanding flavor and appealing sweet aftertaste
-  **Wild Blueberry:** A small indigo blueberry with an intense sweet-and-tangy flavor
-  **Alphonso Mango:** A creamy-textured mango with a nutty aroma and fruity taste
-  **Gili Cherry:** A juicy, delicately sweet, dark cherry from Eastern Europe
-  **Madagascar Vanilla & Cinnamon:** A sweetly potent and highly prized vanilla matched with a distinctive spice
-  **Clingstone Peach:** Smaller, juicier, and slightly sweeter than freestone peaches, ideal for blending with yogurt
-  **Willamette Raspberry:** A widely planted raspberry variety that yields tasty, dark red fruit that ripens midsummer