

# Chobani® Greek Yogurt: a nutrient-dense choice

With diabetes, it's important to choose carbohydrate-containing foods with a host of nutritional benefits. The *American Diabetes Association*<sup>1</sup> lists Greek Yogurt among the best choices for people with diabetes because it is a nutrient-dense dairy food.

Each spoonful of Chobani® Greek Yogurt is packed with essential vitamins and minerals, satisfies cravings, and contributes lasting energy to power your day.



**An excellent source of high-quality protein.** Protein contributes a feeling of fullness between meals, which aids in weight management and helps to prevent snacking.

**Fewer than 9g of total carbohydrates** per 8oz serving of plain varieties, which includes naturally occurring lactose (milk sugar)—it easily fits in diabetes-friendly meal patterns.

**Good source of essential nutrients** that Americans fall short on, including calcium and potassium, in every 8oz serving. Chobani also contributes B-vitamins, magnesium, and zinc, which are needed for good health.



## Spoon into something good

Every cup of Chobani® Greek Yogurt is a commitment to crafting food the right way—using only natural ingredients, including locally sourced fresh milk—without artificial flavors or preservatives.

- Twice as much protein as regular yogurt\*
- Only natural, non-GMO ingredients
- Five live & active cultures and three types of probiotics
- Milk from cows not treated with rBST<sup>†</sup>
- Great as a culinary ingredient in smoothies, parfaits, dressings, and more

Visit [www.Chobani.com](http://www.Chobani.com) for an in-depth look at the health and wellness benefits of the foods we make.

<sup>1</sup> American Diabetes Association. Making Healthy Food Choices: Dairy (accessed August 8, 2017) <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/dairy.html>

\* Chobani® Greek Yogurt: 12g protein; regular yogurt (USDA O1121): 6g protein per 5.3oz serving.

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

**Chobani**®