



Exploring a Mediterranean Diet with Dairy

The Mediterranean diet is a recommended eating pattern to promote overall health and wellness. It is rich in flavorful foods such as seafood, fruits, vegetables, nuts, and legumes—like beans and peas—and two daily servings of dairy.^{1,2,3} Research shows this eating style can support heart health and weight management, help lower blood pressure, and reduce the risk for type II diabetes and age-related cognitive decline.^{2,3,4} Closely following this dietary pattern is also linked to a longer life and a lower risk of dying from common age-related chronic diseases.^{5,6} For these reasons, the *2015–2020 Dietary Guidelines for Americans* recommends a healthy Mediterranean-style eating pattern to support health and meet nutritional needs.³ Because a Mediterranean-style eating pattern includes slightly less dairy than other model dietary styles (two servings as opposed to three in other dietary patterns), it's important to choose the most nutrient-dense dairy foods—like authentically strained Chobani[®] Greek Yogurt—to help boost intake of important shortfall nutrients, including calcium, potassium, and magnesium.³

Greek Yogurt's Role in a Mediterranean-Style Meal or Snack

Yogurt, especially authentic strained yogurt, like Greek Yogurt, is a classic component of the traditional Mediterranean lifestyle. Chobani[®] Greek Yogurt is made using an authentic straining process that has been around for generations. This process uses three cups of milk to make one cup of Greek Yogurt, resulting in a rich source of high-quality protein and a good source of calcium while also contributing potassium and probiotics. Whether used in a recipe or eaten as a snack, Chobani[®] products can be a partner in helping Americans shift to a Mediterranean eating style and meet important nutrient recommendations.



Culinary Tips and Tricks

The rich flavor and creamy texture of Greek Yogurt pairs well with a variety of fruits, vegetables, herbs, and spices, making it a versatile ingredient for both sweet and savory dishes. Try these Chobani® Greek Yogurt-inspired tips to incorporate a Mediterranean eating style in meals and snacks.

- Increase the amount of fruit in your diet with a Greek Yogurt-based smoothie or fruit-topped parfait
- Pair sliced vegetables and whole grain crackers with Greek Yogurt-inspired dips like a cucumber feta dip or roasted red pepper spread
- Add extra flavor to your favorite lean meat or fish dish with Greek Yogurt-based sauces and dressings like homemade tzatziki or horseradish sauce
- Boost the amount of legumes—such as chickpeas and lentils—in your diet with Greek Yogurt-infused dishes like hummus or red lentil soup
- Snack on simple whole foods—such as plain Greek Yogurt mixed with fruit, nuts, and seeds instead of highly processed foods like chips, cookies, or confections—as a simple shift toward a Mediterranean dietary pattern

For more inspiration, visit chobani.com/recipes



¹Sofi F, Abbate R, Gensini GF, Casini A. Accruing evidence on benefits of adherence to the Mediterranean diet on health: an updated systematic review and meta-analysis. *Am J Clin Nutr.* 2010;92:1189-1196.

²Nutrition Evidence Library. A series of systematic reviews on the relationship between dietary patterns and health outcomes. Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion; 2014. Available from: <http://www.nel.gov/vault/2440/web/files/DietaryPatterns/DPRptFullFinal.pdf>

³U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. Dec 2015.

⁴Petersson SD, Philippou E. Mediterranean Diet, Cognitive Function, and Dementia: A Systematic Review of the Evidence. *Adv Nutr.* 2016;7:889.

⁵Estruch R et al. Primary Prevention of Cardiovascular Disease with a Mediterranean Diet. *N Engl J Med* 2013; 368:1279-1290

⁶Sotos-Prieto M et al. Association of Changes in Diet Quality with Total and Cause-Specific Mortality. *N Engl J Med* 2017; 377:143-153