

A Prescription for Health & Wellness

Our mission at Chobani is to make *better food for more people*, which includes supporting health professionals with resources that help inspire nutritious choices every day. This resource examines the role of dairy, particularly yogurt, as part of a healthy eating pattern.

Good nutrition is essential to living well

While the definition of good health can be complex, leading authorities agree that our health starts with what we eat.^{1,2,3,4,5} According to the *Dietary Guidelines for Americans*, healthy eating patterns are built by making better food choices each day—with a focus on vegetables, fruits, whole grains, lean proteins, and low-fat and non-fat dairy, with limited amounts of sodium, saturated fat, and added sugars.

Spotlight on dairy

Health authorities recommend dairy as part of a healthy diet,^{4,6} however, nearly 90 percent of people are not getting the recommended three cups of dairy per day.⁷ As a nutrient-dense dairy food, Chobani[®] yogurts are packed with protein and essential vitamins and minerals, making them a delicious and convenient choice to help meet daily nutrition needs.

Health benefits of Chobani[®] yogurt:

- Excellent source of protein for building muscle and promoting satiety
- Good source of calcium for bone health
- Contributes potassium, a nutrient involved in regulating blood pressure
- Excellent source of B-vitamins for maintaining healthy metabolism, brain function, and blood circulation
- 6 live and active cultures, including probiotics, which may help support digestive and immune health
- Naturally low in sodium

While dietary advice has historically focused on consuming low- and non-fat dairy in place of whole fat varieties, new research shows that there may be health benefits to consuming whole fat dairy, such as a lower risk of type 2 diabetes and a decreased risk of cardiovascular disease, particularly stroke.^{8,9,10,11}

1 American Academy of Family Physicians. DGAC Makes Food-Based Recommendations in the 2015–2020 Dietary Guidelines for Americans. *Am Fam Physician*. 2016 Mar 15;93(6):525.

2 American Diabetes Association. Lifestyle Management. *Diabetes Care* 2017 Jan; 40(Supplement 1): S33–S43.

3 Mayo Clinic. 17th Annual Nutrition and Wellness in Health and Disease 2017 - General Session. 2017 Sep. Available at: <https://ce.mayo.edu/nutrition/content/17th-annual-nutrition-and-wellness-health-and-disease-2017-general-session>.

4 Fleischer, DM. Early Introduction of Allergenic Foods May Prevent Food Allergy in Children. *AAP News*. 2013 Feb; 34(2): 1.

5 Reed, D. Healthy Eating for Healthy Nurses: Nutrition Basics to Promote Health for Nurses and Patients. *OJIN: The Online Journal of Issues in Nursing*. 2014 Sep. 19;3 (7).

6 American Diabetes Association. Dairy. 2017 Aug. Available at <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/making-healthy-food-choices/dairy>.

7 U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. 2015 Dec. Available at <https://health.gov/dietaryguidelines/2015/guidelines/>.

8 Imamura, F. et al. (2018) Fatty acid biomarkers of dairy fat consumption and incidence of type 2 diabetes: a pooled analysis of prospective cohort studies. *PLoS Medicine*. <https://doi.org/10.1371/journal.pmed.1002670>

9 Dairy consumption in association with weight change and risk of becoming overweight or obese in middle-aged and older women: a prospective cohort study. *Am J Clin Nutr*.2016; 103: 4; 979–988.

10 Yakoob, M.Y. et al. Circulating biomarkers of dairy fat and risk of incident diabetes mellitus among US men and women in two large prospective cohorts. *Circulation*.2016 Apr 26 ; 133(17): 1645–54.

11 de Oliveira Otto M, Lemaitre R, Song X, King I, Siscovick D, Mozaffarian D. Serial measures of circulating biomarkers of dairy fat and total and cause-specific mortality in older adults: the Cardiovascular Health Study. *The American Journal Of Clinical Nutrition* [serial online]. July 11, 2018; Available from: MEDLINE Complete, Ipswich, MA. Accessed July 27, 2018.

Dairy Myth Debunked: Inflammation

Media reports and consumers increasingly express negative views on dairy consumption. These views are based on unfounded science, particularly the relationship between dairy and inflammation. Dependable science comes from repeated research with large populations that has reproducible results.

Myth: Negative discussions about dairy and inflammation mainly argue that the milk protein, casein, irritates joints (especially for those with arthritis), or that lactose causes an immune response.

Analysis: We conducted a systematic review of over 250 peer-reviewed* scientific and technical reports relevant to the top perceived negative effects of dairy consumption, including the influence of dairy consumption on systemic biomarkers that indicate chronic, low-grade inflammation.

Scientific evaluation: Clinical trials investigating interventional dairy intake consistently demonstrate reduced biomarkers associated with chronic inflammation in normal and metabolically challenged subjects.

Fact: Consumption of low-fat dairy, like non-fat and low-fat Chobani® yogurts, should be recommended as a part of a healthy diet to help reduce inflammatory biomarkers.

Inflammatory response varies by condition

Media articles that attempt to link dairy intake with inflammation intentionally discuss the pro-inflammatory properties of milk, but do not distinguish between general responses associated with certain conditions, leading consumers to believe dairy promotes inflammation in everyone.

Subject Condition	Symptomology	Dietary Recommendations
Clinically diagnosed lactose intolerance	Cramps, bloating, gas, and diarrhea	May tolerate some low-lactose foods like Greek Yogurt**
Diagnosed milk protein allergy	Acute inflammatory response; potential increased chronic low-grade inflammation with regular intake	Avoid all dairy
No allergy/ no intolerance	No response; potential protection against chronic, low-grade inflammation	3 servings of non-fat or low-fat dairy per day as part of a healthy eating pattern