

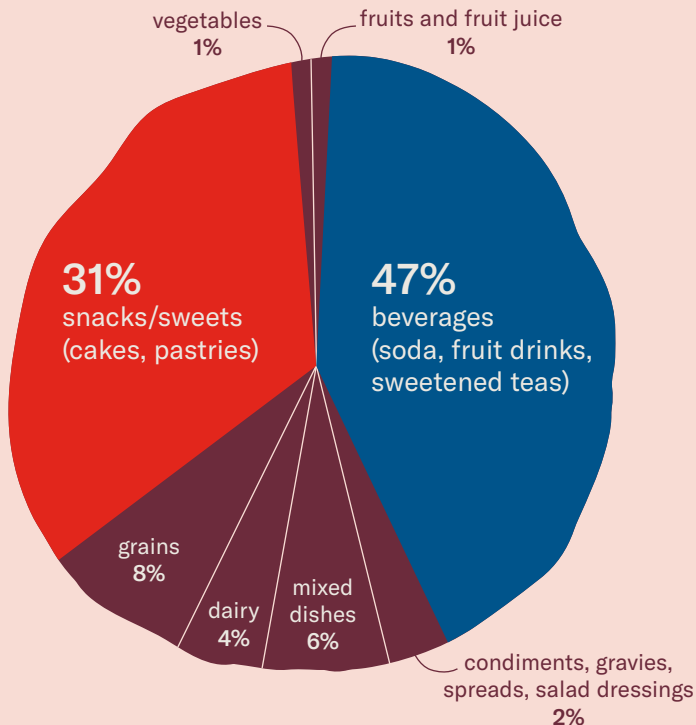
Added Sugars in Context

According to the *2015 Dietary Guidelines for Americans*, added sugars most often come from empty-calorie* foods like sodas and desserts. Too many added sugars from these sources can lead to weight gain and nutrient gaps.¹

Naturally nutrient-dense foods that include some added sugars to improve taste, like yogurt, can help fill nutrient gaps by boosting intakes of essential nutrients, like calcium, potassium, magnesium, and B vitamins.²

*Empty-calorie foods—foods that contribute calories, but lack key nutrients needed for good health.

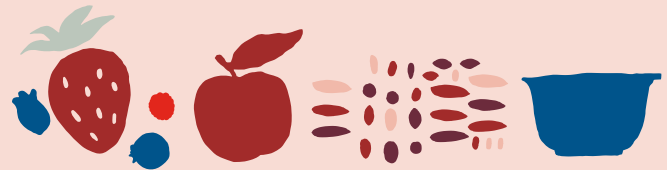
In the average American diet, only 4% of added sugars comes from dairy foods and less than 2% comes from yogurt—that’s just 5 calories out of the 270 calories from added sugars consumed in a day. In fact, 78% of added sugar intake comes from sugar-sweetened beverages and sweets, which are void of beneficial nutrients.



2015-2020 Dietary Guidelines—Food Category Sources of Added Sugars in the U.S. Population Ages 2 Years and Older

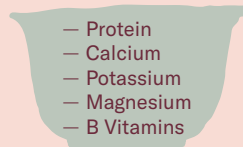
What are added sugars?

“Added sugars” are the sugars or syrups put into foods and beverages during processing, preparation, or at the table.



“Naturally nutrient-dense” refers to foods or beverages that are inherently rich in nutrients and relatively low in calories, such as:

- Vegetables
- Fruits
- Whole grains
- Dairy



When making food choices, it is important to consider the entire nutrition “package” of the food.

Chobani® yogurts are a naturally nutrient-dense choice with just the right amount of sugar to balance the taste of our fruit and yogurt, while still supplying a delicious and wholesome array of key nutrients—many of which are under-consumed by Americans, like calcium and potassium.

1. 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/>.

2. O’Neil, CE, M. Zhanovec, TA Nicklas and SS Cho (2012) Presweetened and Nonpresweetened Ready-to-Eat Cereals at Breakfast Are Associated With Improved Nutrient Intake but Not With Increased Body Weight of Children and Adolescents: NHANES 1999-2002. *Am J Lifestyle Med.* 6(1):63-74.

Make Simple Shifts to Keep Added Sugars in Check

Simple shifts to naturally nutrient-dense options, like Chobani® yogurt, keep calories and added sugars in check, while providing necessary nutrients for good health.

12 fl oz soda
37g
added sugar



Chobani® Mixed Berry
Greek Yogurt Drink
8g of added sugar
+ calcium
+ potassium
+ magnesium

4 1/4"
Fruit pastry
13g
added sugar



Chobani® Smooth Black Cherry
Non-Greek Yogurt
9g of added sugar
+ calcium
+ vitamin B12
+ protein

1 packaged
bluberry muffin
35g
added sugar



Chobani® Vanilla Blended
Greek Yogurt
9g of added sugar
+ calcium
+ potassium
+ protein

1 chocolate
candy bar
29g
added sugar



Chobani® Flip® Mint
Chocolate Chip
16g of added sugar
+ iron
+ potassium
+ protein

*Comparisons are made to standard reference items listed in the USDA National Nutrient Database as of September 2018.