

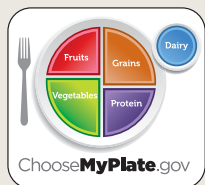
A Prescription for Health & Wellness

Good nutrition is essential to living well

While the definition of good health can be complex, authorities agree that our health starts with what we eat. According to the *Dietary Guidelines for Americans*, a healthy eating pattern is 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. This resource provides a detailed prescription for building a balanced diet and lifestyle to support better health.

Since day one, Chobani has been on a journey to provide better food to more people. But it has always been more than yogurt. That's why we're doing our part to promote the nutritional, physical, social, and environmental wellness in our communities to make universal wellness happen sooner.

Start simple with MyPlate



Wellness can mean many things to many people. But when you break it down, a healthy diet is built by making better food choices each day, as guided by USDA's MyPlate:

- Focus on whole fruits.
- Eat a variety of colorful vegetables prepared in healthful ways.
- Make half your grains whole grains.
- Vary protein choices to include lean meats, seafood, beans, and nuts.
- Choose low-fat and non-fat milk or yogurt.
- Shift to foods and beverages with less sodium, saturated fat, and added sugars.

Spotlight on dairy

Health authorities recommend non-fat and low-fat dairy as part of a healthy diet, making nutrient-dense Chobani[®] yogurts the tastiest way to get the recommended three servings of dairy per day.

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

Make Simple Shifts Toward a Healthier Lifestyle

1. Include all food groups—Build balanced meals containing fruits, vegetables, whole grains, lean protein, and dairy.

Tuna salad sandwich
(white bread, tuna salad
made with mayo)
1 bag of chips
10 oz. fruit punch



Tuna salad sandwich
(whole grain bread, tuna salad made with Chobani®
Non-Fat Plain Greek Yogurt, lettuce and tomatoes)
½ cup applesauce
7 oz. Chobani® Greek Yogurt Drink

2. Plan well—Prepare for hunger and cravings by planning meals and snacks ahead of time and use a shopping list while at the grocery store.

Bowl of
ice cream



Chobani® Flip®
Mint Chocolate Chip

3. Eat mindfully—Reduce consumption of high-calorie, nutrient-void foods and choose portions appropriate for your lifestyle.

Glazed
donut



Chobani® Less Sugar* Greek Yogurt
Madagascar Vanilla & Cinnamon
+ ½ cup sliced strawberries

4. Live well—Avoid inactivity by balancing your diet and lifestyle. Make physical activity a positive experience, not a required chore.

30-minute
treadmill
run



45-minute dance class
or walk 10,000 steps per day

5. Be social—Share meals with family and friends without distractions of digital devices.

Watching
television



Volunteering with friends
such as at a local park clean-up