



Optimizing Fitness the Chobani Way

Creating a Performance Plate with Chobani® Yogurt

Chobani™ Health and Wellness



**Dear Sports
Dietitians
and Fitness
Professionals,**

Fitness enthusiasts are faced with an incredible amount of information from today's media—including some questionable short cuts and quick fixes to health issues. Separating fact from fiction for a fitness buff in this environment is difficult and, as a result, many miss out on the true key to a strong and healthy body: a diet of nutritious foods balanced with physical activity for optimum active lifestyle benefits.

Athletes and exercise fans alike need your help to “get smart” about nutrition and to prioritize healthful eating in the same way they emphasize training. At Chobani, we want to make it easy for athletes and fitness-seekers to choose nutrient-dense foods and create a diet that allows them to excel on the field, in the pool, on the court, and on the walking trail. And Chobani® yogurt is the perfect addition to any performance plate. Made with only natural, non-GMO ingredients, Chobani® yogurt naturally powers active lifestyles by delivering double the protein of regular or other traditional yogurts,¹ along with a good mix of carbohydrates, calcium, potassium, and other key nutrients.

Those striving for the best during training and on competition day need the best fuel for their bodies. That's why Chobani® yogurt earned a place in the refrigerators and on the training tables of U.S. Olympic and Paralympic athletes and hopefuls. In fact, Chobani is a four-time sponsor of Team USA, having sponsored Olympic and Paralympic athletes and hopefuls during the London 2012 Olympic and Paralympic Games, the Sochi 2014 Winter Olympic and Paralympic Games, the Rio 2016 Olympic and Paralympic Games, and the PyeongChang 2018 Winter Olympic games. We're also proud to help fuel collegiate athletes by providing a naturally protein-packed food to college campuses and their teams' training tables across the U.S.

But we want to extend this support to all ages and activity levels—from the professional athlete looking to perform at the highest level to the casual gym-goer or active family seeking better health. That's why we've put together this sports and fitness nutrition toolkit to support your role in educating and inspiring athletes and sports-minded people to put nutrition first—because it's the fuel that helps us be active. The resources contained in this toolkit can be shared with your clients, too. Inside you'll find:

- Fueling Fitness Fact Sheet: A handout describing the essential nutrients for active lifestyles and how Chobani® yogurt fits on the performance plate
- Powering Up Workouts: Details on the ideal foods for powering up before, during, and after workouts and how Chobani® yogurt can help
- Build Your Performance Plate: A guide for building meals and snacks for optimal performance and recovery
- Chobani® Family of Products: A snapshot of our various offerings and how they can benefit athletes and people with active lifestyles

We hope you find the information and resources valuable and look forward to continuing in our role as a resource for you and your clients. If you have any additional needs or questions, please do not hesitate to reach out.

Best regards,



Robert C. Post, Ph.D., MEd., MSc.
Senior Director, Chobani™ Health and Wellness, Corporate Affairs
Robert.Post@chobani.com



ONLY NATURAL
INGREDIENTS

Chobani

Greek Yogurt with
Raspberry on the Bottom

LOCALLY SOURCED MILK

Chobani

Greek Yogurt with
Raspberry on the Bottom

MILK
0%
FAT

ONLY NATURAL
INGREDIENTS

Chobani

Greek Yogurt with
Blueberry on the Bottom

LOCALLY SOURCED MILK

Chobani

Greek Yogurt with
Blueberry on the Bottom

MILK
0%
FAT

ONLY NATURAL
INGREDIENTS

Chobani

Greek Yogurt with
Peach on the Bottom

LOCALLY SOURCED MILK

Chobani

Greek Yogurt with
Peach on the Bottom

MILK
0%
FAT

LOCALLY SOURCED MILK

Chobani

Greek Yogurt with
Strawberry on the Bottom

MILK
0%
FAT

Fueling Fitness with Chobani

Food is fuel

Getting the right combination of nutrients from food is essential for supporting an active lifestyle. Chobani® yogurt is an ideal fuel source because it contains macro- and micronutrients essential for optimum performance—to build a healthier performance plate right from the start.



- Ideal mix of carbohydrates and protein for refueling athletes' muscles¹
- Good source of calcium
- Excellent source of high-quality protein that's rich in leucine and casein
- Only natural ingredients
- 2x more protein than regular or other traditional yogurts²
- Portable
- Contains other key minerals and electrolytes, such as potassium and magnesium³
- Great taste and delicious flavors

Chobani® Yogurt: Back to Basics

Carbohydrates

Carbohydrates are the primary source of energy for both muscle and the brain. It is important for the athlete to consume an adequate amount of carbohydrates before and during long training sessions to optimize performance. Chobani® Greek Yogurts contain carbohydrates to fuel pre- and post-workouts.

Protein

Protein plays an important role in active lifestyles, helping with muscle development. Chobani®

yogurt provides an excellent source of high-quality protein (11–14g per 5.3oz cup) and contains 2x more protein per serving than regular or other traditional yogurts.⁴

Fat

Fat is an important source of fuel for low-intensity aerobic exercise. Athletes should get 20–35% of their total calorie intake from fat—including a balance of saturated and unsaturated fats—to ensure fuel stores are replenished after training, while leaving room for carbohydrates and protein.⁵ Chobani offers a

variety of non-fat, low-fat, and full-fat options that provide a balance of saturated and unsaturated fats to help athletes optimize their diets.

Calcium

Stress fractures are common injuries among athletes, especially in gymnastics, contact sports, and running and jumping activities. But consuming a diet rich in calcium, vitamin D, and protein has been shown to strengthen bones.⁶ Chobani® yogurt is a good source of both protein and calcium.

Potassium

Most Americans do not get enough potassium, which is an essential nutrient.⁷ It helps regulate and maintain fluid balance within the body and may counteract some of the harmful effects of too much sodium on blood pressure. The potassium in Chobani® yogurt can help athletes meet their needs.⁷

Magnesium

Magnesium is essential for the maintenance of bone structure and plays a role in energy metabolism. Chobani® yogurt contributes dietary magnesium that fitness buffs require.⁷

¹ Spaccarotella KJ, Andzel MD. Building a beverage for recovery from endurance activity: a review. *Journal of Strength and Conditioning Research*. 2011;25:3198–3204.

² Chobani® Greek Yogurt: 12g (24% DV) protein per 5.3oz serving, regular (non-fat or low-fat) yogurt: 6g (12% DV) protein per 5.3oz serving.

³ Chobani® yogurt contains 140–175mg of potassium and 12mg of magnesium per 100g.

⁴ Chobani® Greek Yogurt: 12g (24% DV) protein per 5.3oz serving, regular (non-fat or low-fat) yogurt: 6g (12% DV) protein per 5.3oz serving.

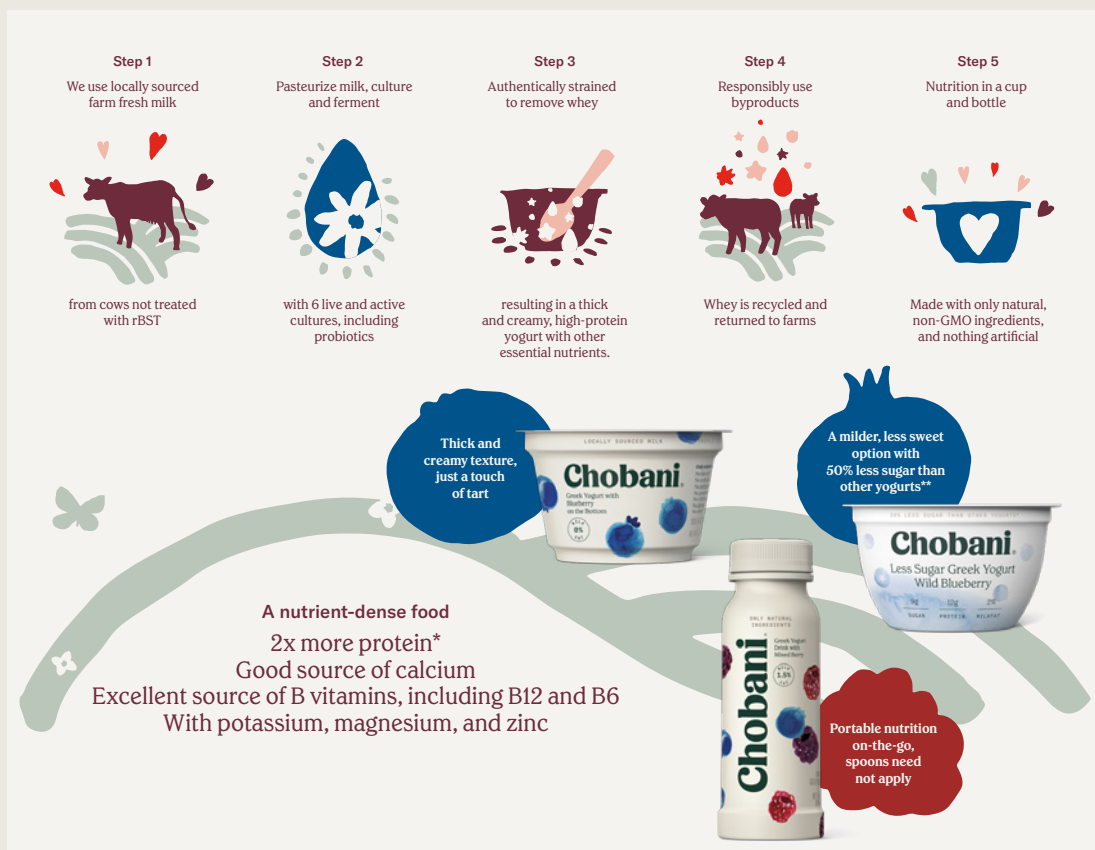
⁵ Position of the American Dietetic Association, Dietitians of Canada and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Am Diet Assoc*. 2009;109:509–527.

⁶ Heaney RP. Dairy and bone health. *J Am Coll Nutr*. 2009;28:82S–90S.

⁷ Scientific Report of the 2015 Dietary Guidelines Advisory Committee. 2015 Feb. Available from: <http://health.gov/dietaryguidelines/2015-scientific-report/>

Chobani® 101: Not All Yogurts Are Created Equal

Every day, we make our delicious yogurt by taking a back-to-basics approach that captures our food philosophy: If we can't do it better, we don't do it at all.



Chobani® yogurts are fundamentally different from regular, unstrained yogurts.

Each of our wholesome yogurts is crafted using only natural, non-GMO ingredients, including locally sourced milk and real fruit.

We take the time to make our yogurt using an authentic recipe, triple-straining to remove excess whey for a thick and creamy high-protein yogurt without the use of thickeners or artificial additives.

Quick Facts About Chobani® Yogurt

- Twice as much protein as regular or other traditional yogurts*
- Only natural ingredients
- No artificial flavors, sweeteners, or preservatives
- Made with milk from cows not treated with rBST†
- Live and active cultures, including probiotics, which support digestive and immune health
- Kosher-certified
- Vegetarian-friendly
- Less than 5% lactose—a perfect part of a low-lactose diet

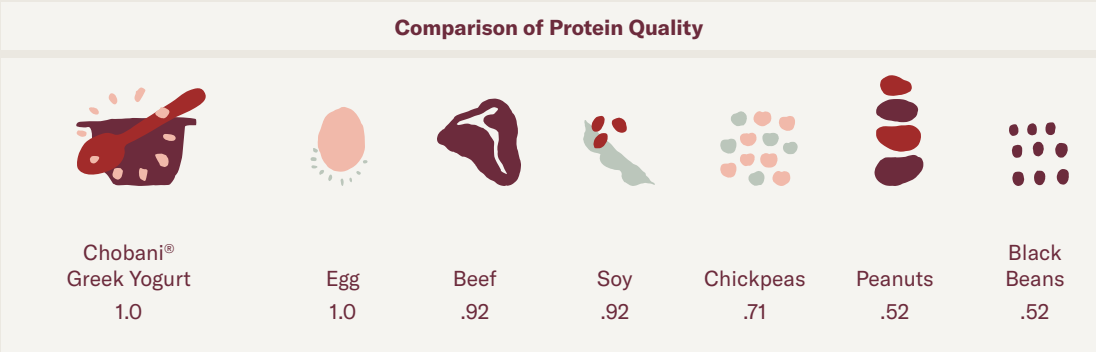
*Chobani® Greek Yogurt: avg. 12g protein; regular yogurt: avg. 6g protein per 5.3oz serving.

**Chobani® Less Sugar: 9g sugar; other yogurts: 18g sugar per 5.3 oz serving.

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

Chobani® Yogurt
Is a High-Quality
Protein

Protein is an essential component of active lifestyles. A food’s protein quality is dependent on its ability to provide adequate amounts of all essential amino acids for good health. While various measures exist to reflect the bioavailability of amino acids in foods, the Protein Digestibility Corrected Amino Acid Score (PDCAAS) is a protein-quality measure recognized by the U.S. Food and Drug Administration (FDA), World Health Organization (WHO), and the Food and Agriculture Organization of the United Nations (FAO). Using this measurement, Chobani® Greek Yogurts deliver perfect PDCAAS scores of 1, making them a high-quality protein food that is biologically better than go-to protein sources like soy and beef.¹



And a Unique
Protein

Not only is Chobani® yogurt an excellent source of high-quality protein, but it’s also rich in important amino acids: casein (a protein that digests more slowly and can inhibit muscle breakdown between meals²) and leucine (a key amino acid needed for maximizing strength gains and a lean body composition).³ Leucine, in particular, is unique in its ability to initiate and support muscle protein synthesis.^{4,5} Because exercise enhances the efficiency of the muscles’ responses to protein, most athletes benefit from 2–3 grams of leucine per meal and snack to encourage and maximize muscle protein synthesis.^{6,7}



1 FAO/WHO Joint Report. Protein quality evaluation in human diets. Food and Agriculture Organization, Food and Nutrition Paper 51. Rome, Italy: FAO/WHO, 1991:35–6.

2 Roy BD. Milk: the new sports drink? A review. J Int Soc Sports Nutr. 2008;5:15.

3 Churchward-Venne TA, Breen L, Di Donato DM, et al. Leucine supplementation of a low-protein mixed-macronutrient beverage enhances myofibrillar protein synthesis in young men: a double-blind, randomized trial. Am J Clin Nutr. 2014;99:276-286.

4 Norton LE, Layman DK. Leucine regulates translation initiation of protein synthesis in skeletal muscle after exercise. J Nutr. 2006;136:533S-537S.

5 Phillips SM. A brief review of critical processes in exercise-induced muscular hypertrophy. Sports Medicine. 2014;44:S71-S77.

6 Katsanos CS, Kobayashi H, Sheffield-Moore M, Aarsland A, Wolfe RR. A high proportion of leucine is required for optimal stimulation of the rate of muscle protein synthesis by essential amino acids in the elderly. Am J Physiol Endocrinol Metab. 2006;291:E381-E387.

7 Norton LE, Wilson GJ. Optimal protein intake to maximize muscle protein synthesis. Examinations of optimal meal-protein intake and frequency for athletes. Agro Food Industry Hi Tech. 2009;20:54-57.

** USDA National Nutrient Database for Standard Reference; FDA rounding rules applied.



Powering Up Workouts

Plus it up. Optimal performance requires optimal nutrition before, during, and after exercise.

Calorie balance

Appropriate calorie intake is essential for optimal body function and performance in an active lifestyle. Ideally, the amount of calories taken in should equal the amount of calories expended—meaning longer, higher-intensity workouts require a greater amount of food for fuel, while shorter, lower-intensity workouts require less.

Before training



Yogurt

+



Blueberries

+



Grains

Pre-workout fuel is important to prevent hunger, sustain energy, and boost performance. Meals and snacks eaten before workouts should be predominantly carbohydrates and also include adequate fluid to stay hydrated. For those who engage in strength and power sports, adding small amounts of protein to the pre-exercise meal may be beneficial.

During training



Yogurt

+



Strawberries

+



Grains

+



Water

For those participating in physical activity for more than an hour, additional fuel is needed to help maintain normal blood sugar, prevent fatigue and sustain energy. Carbohydrates are preferred during activity and athletes should plan to consume 30–60 grams of carbohydrates every hour. Prolonged activity may require replenishing electrolytes and fluid and, for events longer than three hours, the addition of protein may be required.

After training



Yogurt

+



Bananas

+



Nuts

Eating a combination of foods with balanced carbohydrates and protein immediately post-exercise is fundamental for recovering the body, especially when training sessions are close together, as it may help stimulate muscle protein synthesis.¹ Athletes should aim for 1–1.2g of carbohydrates/kg of lean body mass (LBM) each hour for the first four hours after the activity and consume .4–.5g of protein/kg LBM.^{2,3} For lighter training days, eating a balanced meal containing carbohydrates, protein, and fat within a few hours after training, while also replacing fluids, is sufficient.

¹ Spaccarotella KJ, Andzel MD. Building a beverage for recovery from endurance activity: a review. J Strength Condit Res. 2011;25:3198-3204.

² Desbrow B, Jansen S, Barrett A, Leveritt MD, Irwin C. Comparing the rehydration potential of different milk-based drinks to a carbohydrate-electrolyte beverage. Appl Physiol Nutr Metab. 2014;39(12):1366-1372.

³ Maughan RJ, et al. A randomized trial to assess the potential of different beverages to affect hydration status: development of a beverage-hydration index. Am J Clin Nutr. 2016 Mar;103(3):717-23.

Go for Chobani®



Fueling

Chobani® yogurt contains an excellent blend of carbohydrates and protein, a macronutrient pairing that science shows is key to refueling muscles after extensive exercise.¹



Hydration

Studies show that milk-based drinks are a good rehydration source, helping retain fluid better than sports drinks and even water.^{2,3} Chobani® Greek Yogurt drinks and smoothies made with Chobani® yogurt are good milk-based beverages to help replenish post-workout.



Electrolytes

For activities lasting less than one hour, it is usually not necessary to replace the electrolytes lost through sweat and athletes can rely on food to obtain optimal levels of electrolytes. Chobani® yogurt is a good source of calcium and magnesium and contributes potassium to help meet these electrolyte needs and balance the sodium from other foods.

¹ Spaccarotella KJ, Andzel MD. Building a beverage for recovery from endurance activity: a review. J Strength Condit Res. 2011;25:3198-3204.

² Desbrow B, Jansen S, Barrett A, Leveritt MD, Irwin C. Comparing the rehydration potential of different milk-based drinks to a carbohydrate-electrolyte beverage. Appl Physiol Nutr Metab. 2014;39(12):1366-1372.

³ Maughan RJ, et al. A randomized trial to assess the potential of different beverages to affect hydration status: development of a beverage-hydration index. Am J Clin Nutr. 2016;103(3):717-723.

Chobani® Yogurt Is a Fuel for Fitness

Protein is essential for all lifestyles, but especially for active individuals. Since excess protein is not stored by the body, it must be provided throughout the day to fuel workouts and prevent muscle breakdown. With its excellent protein content, along with its versatility and portability, Chobani® Yogurt can be packed, cooked, or used as a topping to supply essential fitness fuel for any time of the day!



Make Chobani® Yogurt Part of a Healthy and Active Lifestyle

Breakfast:

Pack a protein punch with
Chobani® Peanut Butter
Banana Smoothie
15g protein

Mid-Morning Snack:

Try our Chobani® Blueberry
on the Bottom Non-Fat Greek
Yogurt for a grab-and-go snack
12g protein

Lunch:

Try our Rotisserie Chicken
Salad at lunch
26g protein

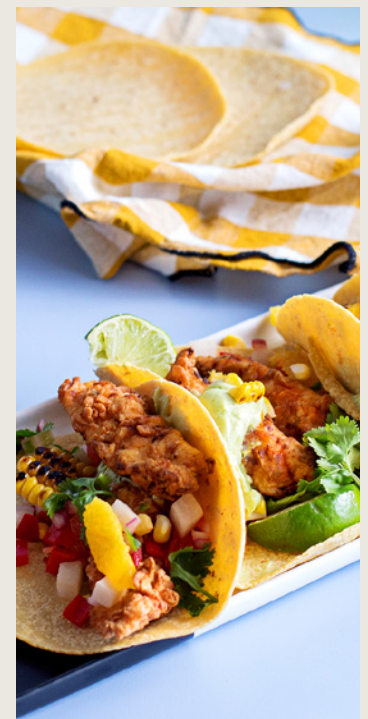
Afternoon Snack:

Turn snacking upside down
with Chobani® Flip® Almond
Coco Loco™
12g protein

Dinner:

Feed the entire family with
our Crispy Chicken Tacos
with Jicama Corn Salsa and
Avocado Crema
37g protein

Visit chobani.com
for more information
and recipes.



Build Your Performance Plate

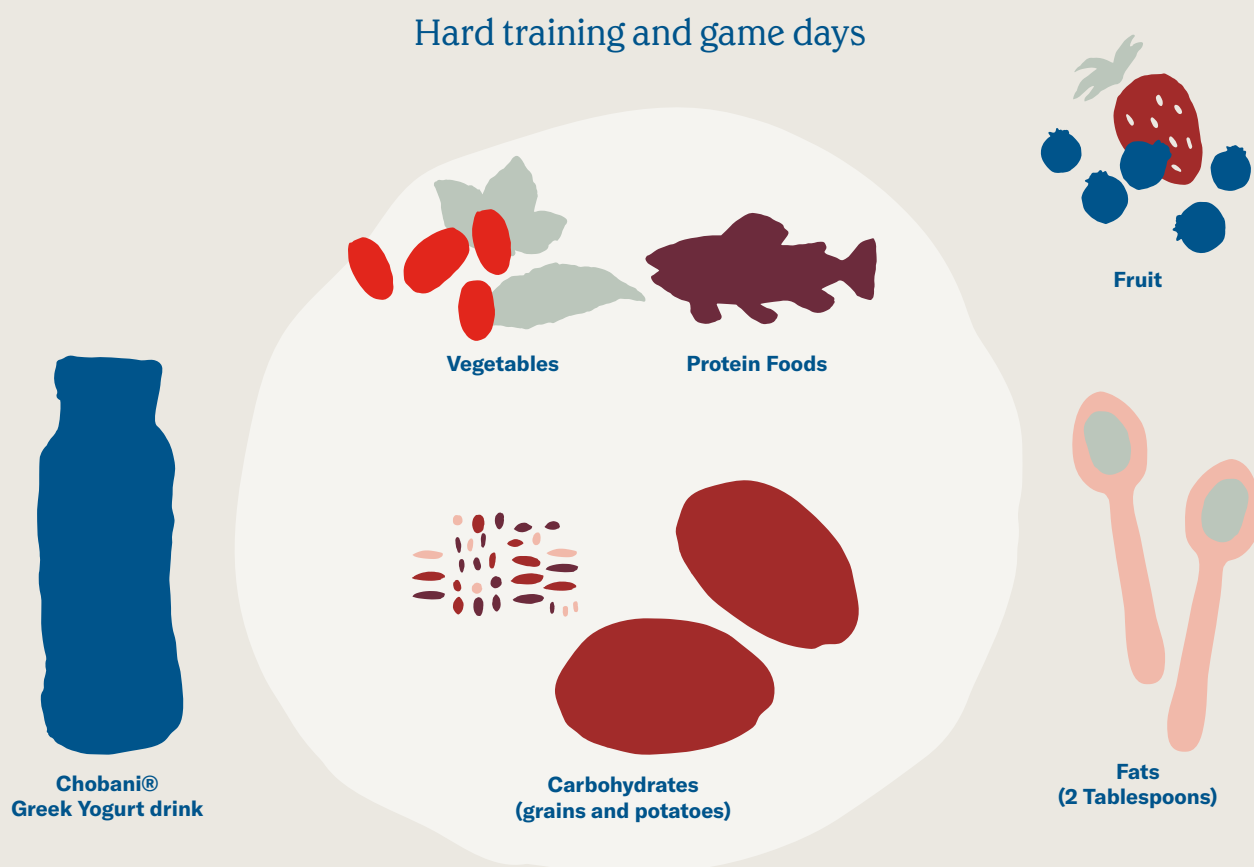
The basic elements of any performance plate include plenty of fruits and vegetables, lean protein, whole grains, healthy fats, and adequate fluid. The composition and quantity of food needed to adequately fuel activity depends on the volume, intensity, and duration. The level of training, goals, and the type of sport or activity influence energy and macronutrient needs.

According to recommendations from the Collegiate and Professional Sports Dietitians Association (CPSDA), a performance plate can be composed in two different ways:

- 1) For intense or difficult training or game days
- 2) For lighter training and during the off-season

The amount of protein largely remains the same among different training days, and research supports distributing protein evenly throughout the day to maximize muscle protein synthesis and recovery.¹

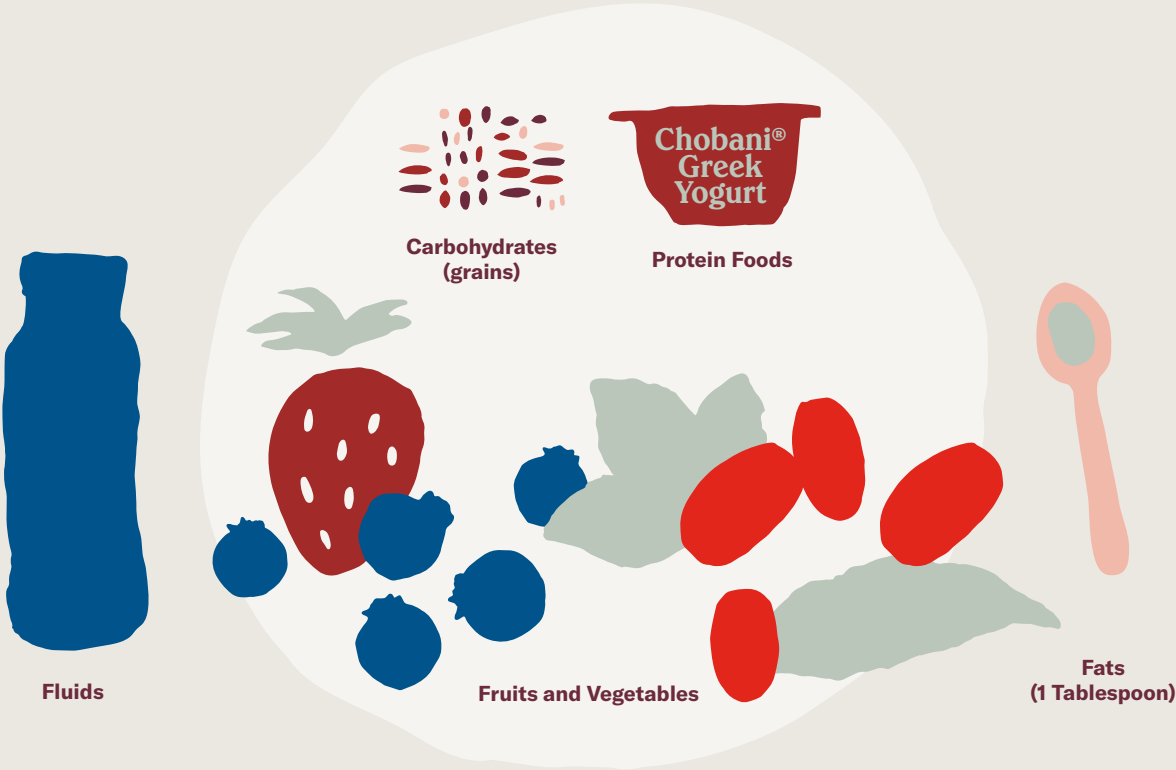
Consider the following outline when building meals and snacks for optimal performance and recovery:



¹ Paddon-Jones D, Rasmussen BB. Dietary protein recommendations and the prevention of sarcopenia: protein, amino acid metabolism and therapy. Current Opinion in Clinical Nutrition & Metabolic Care. 2009;12:86-90.



Lighter training and off-season



Performance Plate Shopping List

Carbohydrates

- ☐ Bread
- ☐ Bagels and English muffins
- ☐ Tortillas and flatbreads
- ☐ Oatmeal
- ☐ Cereal
- ☐ Rice
- ☐ Pasta
- ☐ Couscous
- ☐ Barley
- ☐ Potatoes (white and sweet)
- ☐ Crackers, graham crackers
- ☐ Granola or cereal bars
- ☐ Popcorn, pretzels, and other similar snacks

Choose whole grains to maximize fiber and nutrients.

Fruits and vegetables

- ☐ Fresh fruit
- ☐ Frozen fruit
- ☐ Dried fruit
- ☐ Canned fruit (in juice or water)
- ☐ Fresh vegetables
- ☐ Frozen vegetables
- ☐ Canned vegetables
- ☐ Vegetable soups

Select a variety of colors to maximize nutrients.

Protein Foods

- ☐ Lean beef (look for “loin” or “round,” choose 90/10 or leaner ground beef)
- ☐ Pork
- ☐ Boneless, skinless chicken breasts
- ☐ Turkey
- ☐ Chicken/turkey sausage or bacon
- ☐ Eggs
- ☐ Fish and shellfish
- ☐ Milk
- ☐ Chobani® yogurt (Plain, Fruit on the Bottom, Blended, Flip®, Chobani® Greek Yogurt drink)
- ☐ Cheese
- ☐ Tofu
- ☐ Beans and edamame
- ☐ Protein bars and powders

Fats

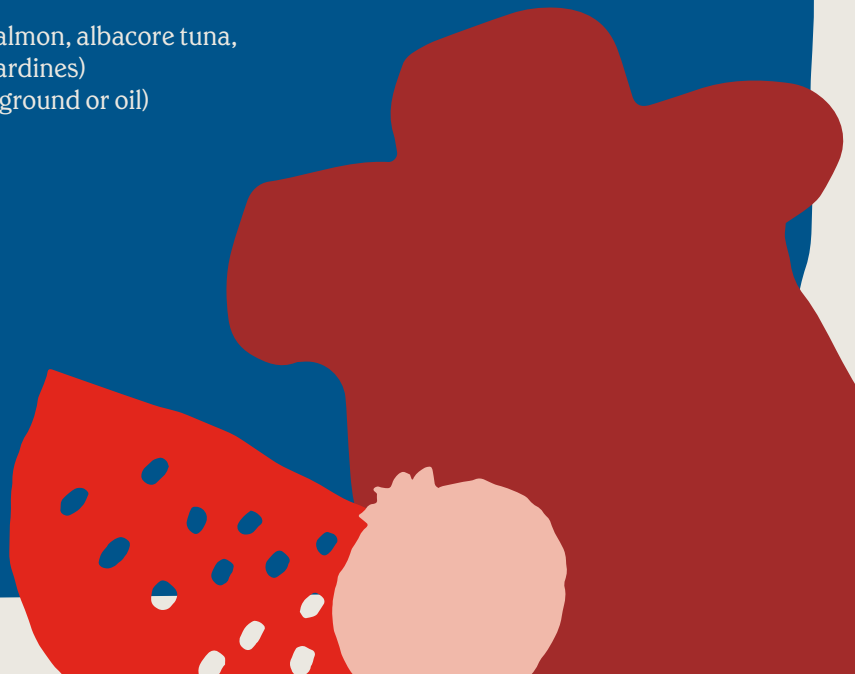
- ☐ Whole milk Chobani® yogurts
- ☐ Oils
- ☐ Oil-based dressings
- ☐ Avocados
- ☐ Nuts
- ☐ Nut butters
- ☐ Seeds
- ☐ Fatty fish (salmon, albacore tuna, mackerel, sardines)
- ☐ Flax seeds (ground or oil)

Fluids

- ☐ Water
- ☐ Milk
- ☐ Drink Chobani® yogurt beverage
- ☐ 100% juice
- ☐ Sports drinks
- ☐ Coffee and tea

Add-ins/Condiments

- ☐ Salt and pepper
- ☐ Herbs and spices (fresh or dried)
- ☐ Vinegar
- ☐ Soy sauce
- ☐ Ketchup or BBQ sauce
- ☐ Chobani® Savor™ topper (Low-Fat (2% Milkfat) Plain and Whole Milk Plain)
- ☐ Mustard
- ☐ Salsa



Dairy and the Performance Plate

Athletes may encounter conflicting information about the role of dairy-based foods in sport. Separating fact from fiction is difficult and, as a result, many miss out on the key to optimal performance: a variety of nutritious foods balanced with activity. Recent research addresses the science behind common misconceptions about the role of dairy in sports.

Dairy and Mucus Production

An early study on the topic found that dairy consumption was not associated with increased mucus production.¹ In fact, more recent research has shown that holding this belief is enough to skew perceptions.² Excluding dairy for this reason alone is not supported by the evidence and may inadvertently lead to reduced intakes of essential nutrients, especially calcium and potassium.³

Dairy and Gastrointestinal Discomfort

Research has shown that consuming dairy up to two hours prior to a 90-minute cycling session did not negatively affect performance (measured by average power during the session) or the athlete's perception of gut discomfort.⁴ Therefore, for healthy athletes who have not been diagnosed with lactose intolerance, consuming dairy foods before, during, and after exercise may be appropriate and may even be helpful in terms of performance, according to your diet advisor.



1 Pinnock CB, et al. Relationship between milk intake and mucus production in adult volunteers challenged with rhinovirus-2. *Am Rev Respir Dis.* 1990;141(2):352-6.

2 Pinnock CB, et al. The milk mucus belief: sensory analysis comparing cow's milk and a soy placebo. *Appetite.* 1993;20:61-70.

3 Fulgoni VL, et al. Nutrients from dairy foods are difficult to replace in diets of Americans: food-pattern modeling and analyses of the National Health and Nutrition Examination Survey 2003. *Nutrition Res.* 2011;31:759-765

4 Haakonssen EC, et al. Dairy-Based Pre-exercise Meal Does Not Affect Gut Comfort or Time-Trial Performance in Female Cyclists. *Intl J of Sport Nutr & Exer Metab.* 2014;24:553-558

The Chobani Family

Every Chobani® product is a commitment to crafting our delicious yogurt the right way, using only natural, non-GMO ingredients, including real fruit, and locally sourced milk without preservatives or artificial flavors. There's a protein-rich, nutritious Chobani® product to support you throughout your day, every day.



Chobani® Greek Yogurt (5.3oz cups)



Better food, better flavor, naturally

Grab a cup in the morning for breakfast. Enjoy throughout the day, as a snack or as part of your favorite recipe.

Our authentic Greek Yogurt contains more protein than regular, unstrained yogurt.* Single-serve containers of Chobani® Greek Yogurt include Fruit on the Bottom and Blended—yogurt and fruit mixed together in perfect harmony.

- Excellent source of protein (11–14g)
- Average 130 calories
- 13 flavors of Fruit on the Bottom
- 11 flavors of Blended, including limited-batch seasonal flavors

* Contains 12% more of the Daily Value for protein than regular yogurt. Chobani® Greek Yogurt: avg. 12g protein; regular yogurt: avg. 6g protein, per 5.3oz serving.

Multiserve and bulk (32oz tubs and 5lb bags)



Inspire creative discovery in the kitchen

Perfect for cooking, baking, and mixing in smoothies and parfaits. A smart and delicious substitute for sour cream, mayo, and much more.

Chobani® Plain Greek Yogurt is a refrigerator staple that serves as a versatile blank canvas to help you create nutritious and great tasting food without the sacrifice. Its deliciously rich taste and thick and creamy texture make it perfect for your morning yogurt bowl or smoothie. Plus, it's an excellent source of protein, which makes it a great substitute for ingredients such as heavy cream, sour cream, mayonnaise, and butter in a wide range of recipes—from dips and sauces to baked goods.

- 32oz tubs available in Whole Milk Plain, Low-Fat (2% milkfat) Plain, Non-Fat Plain, Vanilla Blended, Strawberry Blended, and Peach Blended
- 5lb bags available in Non-Fat Plain and Vanilla Blended

Chobani® Gimmies™ (1.5oz tubes, 3.5oz pouches, 4oz bottles, and 4oz cups with mix-ins)



And now, a fun and nutritious snack for kids!

With both parent and child in mind, we designed Chobani® Gimmies™ to be a fun-for-kids food that parents can trust over other, less nutritious options. Chobani® Gimmies™ are intended to excite and inspire children to eat more nutrient-dense yogurt, which contributes to their daily intake of essential nutrients such as protein, calcium, and B vitamins.

- 2x more protein than the leading kids' yogurts*
- Only natural, non-GMO ingredients
- No artificial flavors, sweeteners, or preservatives
- More nutrient-dense than other typical kids' snacks
- Packed with probiotics—made with six live and active cultures, including probiotics which support digestive and immune health
- Made with milk from cows not treated with rBST**

* Chobani® Gimmies™ Tubes: 4g sugar, 3g protein; leading kids' yogurt tubes: 6g sugar, 1.5g protein per 1.5oz serving. Chobani® Gimmies™ Milkshakes: 8g sugar, 6g protein; leading kids' drinkable yogurt: 12g sugar, 3g protein per 4 fl oz serving. Chobani® Gimmies™ Crunch: 8g protein; leading kids' yogurt with mix-ins: 4g protein per 4oz serving.

** According to the FDA, no significant difference has been found between milk derived from rBST-treated cows and non-rBST treated cow.

Chobani™ Health and Wellness

Chobani® Flip® (5.3oz cups with mix-ins)



The perfect snack when cravings hit

**Enjoy as an afternoon snack. Swap for dessert.
Stash in the fridge for a treat after dinner.**

When afternoon cravings hit, hit them back with a delicious Chobani® Flip® yogurt. Inspired by the flavors crafted at our Chobani SoHo® café, Chobani® Flip® is a unique combination of creamy Chobani® Greek Yogurt with natural tasty goodies on the side.

- An excellent source of protein (11–13 grams; 22–26% DV)
- 150–230 calories per serving
- There are now 25 different varieties of Chobani® Flip® products including one rotating limited-batch flavor

Chobani® Greek Yogurt Drinks (7oz yogurt beverage)



Spoons need not apply

In your bag or in the fridge at work, Chobani® Greek Yogurt Drink is a great anytime snack between meals. Grab one with one hand, cross an item off your to-do list with the other.

Chobani® Greek Yogurt Drink is made with only natural ingredients including real fruit and probiotics. An excellent source of protein and calcium, perfect portable nutrition on-the-go.

- Delicious flavors include Mango, Mixed Berry, Strawberry Banana, Orange & Cream, Cherry Vanilla, Coffee & Cream, Piña Colada, Peach, and Vanilla Bean.
- ½ less sugar than other adult yogurt drinks.*

* Chobani® Greek Yogurt Drinks: avg 15g sugar; other adult yogurt drinks: avg 23g sugar per 7oz serving.

Chobani® Less Sugar* Greek Yogurt
(5.3 oz cups)



A hint of subtle sweetness

Grab a cup in the morning for breakfast. Enjoy throughout the day, as a snack, or as part of your favorite recipe.

Those who prefer a milder, less sweet Greek Yogurt option will love Chobani® Less Sugar* Greek Yogurt. It's delicious, nutritious authentically strained low-fat (2% milkfat) Greek Yogurt blended with carefully curated varietal fruits and spices. Each cup has 120 calories, 12g of protein, and no more than 9g of sugar.

- High protein, 50% less sugar than other yogurts*
- Nothing artificial, just a hint of real varietal fruits and spices for delicious flavor
- Only natural, non-GMO ingredients
- 6 varieties including Alphonso Mango, Gili Cherry, and Madagascar Vanilla & Cinnamon

Chobani® Savor™ topper
(14oz)



A convenient topping for better nutrition

Chobani® Savor™ is our same delicious plain Greek Yogurt in an easy-to-use, resealable squeeze pouch for a mess-free topping you can feel good about incorporating into your favorite meal and snack recipes. Swapping Chobani® Savor™ for sour cream is a smart alternative to boost nutrition and keep calories lower, without sacrificing on taste.

- Keeps calories and fat in check: Two tablespoons of Chobani® Savor™ contains 50% fewer calories and 75% less fat than the equivalent amount of sour cream.**
- Powerful protein punch: Chobani® Savor™ provides 3x more protein than the equivalent amount of sour cream.*

* Chobani® Less Sugar Greek Yogurt : 9g sugar; other yogurts: 18g sugar per 5.3oz serving

** Chobani® Savor™ average: 25 calories, 3g protein, 1g fat; sour cream: 60 calories, 1g protein, 6g fat per 2 tbsp serving.



chobani.com

Proud Sponsor of Team USA
Proud Supporter of College Sports
For more information, visit chobani.com/impact