

EAT GREEK

MENU MODELS

EAT GREEK MENU MODELS

Summary

As a nutrient-intense powerhouse that is packed with protein, calcium and other key nutrients, Chobani® Greek Yogurt is a convenient foundation for building a balanced diet right from the start. Menu modeling is one way of bringing this diet to life, showcasing the precise role that Greek Yogurt has in improving typical eating patterns. As a resource for parents and individuals, the following menu models illustrate how simple substitutions with Chobani® Greek Yogurt at typical meals and snacks help improve nutrient intake and help individuals of all ages come closer to meeting dietary recommendations.

About the Menu Model

To show how Chobani products can help improve the typical American diet, three baseline menus (adult, kid, toddler) were developed using data on American eating patterns from 2011–2012 NHANES (National Health and Nutrition Examination Survey) and 2008 FITS (Feeding Infants and Toddlers Study). Slight adjustments were then made to these typical eating patterns to reflect “better” choices based on recommendations from the 2010 Dietary Guidelines for Americans. These “better choices” – like using whole grains over refined grains, or fruit packed in juice instead of heavy syrup – are meant to demonstrate simple choices that both parents and individuals can make in order to build a better foundation for their diet.

To analyze the role that Chobani products play in helping to improve the diet, these baseline menus were realistically modified by making 2–3 Chobani product substitutions per day. As a result, the menu models show that whether Greek Yogurt is eaten on its own or as an ingredient or complement to nutrient-dense foods such as fruit and vegetables, simple substitutions with Chobani® Greek Yogurt can contribute to improvements in both nutrient and food group intakes.¹

¹According to USDA MyPlate criteria, dairy products such as Chobani yogurt are considered solely part of the Dairy Group. Although dairy does not count towards the Protein Foods Group, Greek Yogurt still contributes a significant amount of this nutrient.

Benefits for Adults:

Swapping 2–3 meals or snacks per day with Chobani® Greek Yogurt may:

- Reduce intake by 800 calories per week – equivalent to a 1-pound weight loss per week.
- Reduce total sugar intake by 38 grams per week – equivalent to ~8,000 calories saved per year.
- Reduce total fat intake by an average 25% per day.
- Reduce sodium intake by an average 13% per day.
- Increase calcium intake by an average 21% and dairy intake by an average 40% per day.
- Increase potassium intake by an average 9% per day.
- Increase protein intake by an average 22 grams per day.

Benefits for Kids:

Swapping 2–3 meals or snacks per day with Chobani® Greek Yogurt may:

- Keep caloric intake within age group recommendations (1,750 calories for children).
- Reduce total fat intake by an average 19% per day.
- Increase calcium intake by an average 13% and dairy intake by an average 12% per day.
- Increase potassium intake by an average 11% per day.
- Increase protein intake by an average 14 grams per day.
- Increase fruit intake by an average 16% per day.

Benefits for Tots:

Swapping 2–3 meals or snacks per day with Chobani® Greek Yogurt may:

- Keep caloric intake within age group recommendations (1,025 calories for toddlers).
- Reduce total sugar intake by 63 grams per week – equivalent to over 3,000 grams per year.
- Reduce sodium intake by an average 16% per day.
- Increase calcium intake by an average 21% and dairy intake by an average 40% per day.
- Increase potassium intake by an average 8% per day.
- Increase protein intake by an average 9 grams per day.
- Increase fruit intake by an average 20% per day.

CHOBANI "EAT GREEK" MENU MODEL

TODDLER

1-2 YEARS OLD

CHOBANI “EAT GREEK” MENU MODEL

DAY 1

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 chocolate chip pancake
(from frozen) (1.2 oz.)
1/4 Tbsp. butter
1/2 Tbsp. maple syrup
1/2 medium banana, sliced
1/2 cup whole milk

1 **Chobani Perfect Pancake**,
with strawberries (2.6 oz.)
1/4 Tbsp. butter
1/2 Tbsp. maple syrup
1/2 medium banana, sliced
1/2 cup whole milk

CALORIES (kcal)

940

930

-10

TOTAL FAT (g)

33

33

—

TOTAL FAT (% DV)

65

64

-1

SATURATED FAT (g)

16

15

-1

SAT. FAT (%DV)

107

97

-10

FIBER (g)

11

11

—

TOTAL SUGAR (g)

66

52

-14

SODIUM (mg)

1130

930

-200

SODIUM (%DV)

75

62

-13

POTASSIUM (mg)

1260

1460

+200

POTASSIUM (% DV)

42

49

+7

PROTEIN (g)

33

38

+5

VITAMIN A (%DV)

940

1030

+90

VITAMIN D (%DV)

70

70

—

CALCIUM (%DV)

110

130

+20

GRAIN INTAKE

79%

127%

+48

VEGETABLE INTAKE

58%

58%

—

FRUIT INTAKE

91%

94%

+3%

DAIRY INTAKE

60%

92%

+32%

PROTEIN FOODS INTAKE

69%

76%

+7%

LUNCH

1 oz. baked chicken, shredded
1/4 cup brown rice
1/3 cup broccoli, steamed
1 Tbsp. cheddar cheese, shredded
1/2 cup whole milk

1 oz. baked chicken, shredded
1/4 cup brown rice
1/3 cup broccoli, steamed
1 Tbsp. cheddar cheese, shredded
1/2 cup whole milk

DINNER

2 oz. lasagna, with beef and herb tomato
sauce (from frozen)
1/2 whole wheat roll (1/2 oz.)
1/2 Tbsp. butter
1/4 cup carrots, steamed
1/2 cup whole milk

2 oz. lasagna, with beef and herb tomato
sauce (from frozen)
1/2 whole wheat roll (1/2 oz.)
1/2 Tbsp. butter
1/4 cup carrots, steamed
1/2 cup whole milk

DESSERT

4 oz. chocolate pudding snack cup

1 Chobani Tots® Banana &
Pumpkin Pouch

CHOBANI “EAT GREEK” MENU MODEL

DAY 2

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 frosted blueberry toaster pastry (1.8 oz.) 1/2 cup whole milk	1/2 serving Chobani Oatmeal: 1/2 oz. Chobani® Greek Yogurt Non-Fat Plain 2 Tbsp. cup steel-cut oats 1 Tbsp. strawberries, sliced 1 Tbsp. almonds, sliced 1/2 cup whole milk
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CALORIES (kcal)	1090	1000	-90
TOTAL FAT (g)	44	44	—
TOTAL FAT (% DV)	86	86	—
SATURATED FAT (g)	16	14	-2
SAT. FAT (%DV)	110	93	-17

SNACK

1/4 cup 1% cottage cheese, unsalted 1/4 cup peach slices, packed in juice	1/4 cup 1% cottage cheese, unsalted 1/4 cup peach slices, packed in juice
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FIBER (g)	6	8	+2
TOTAL SUGAR (g)	73	49	-24
SODIUM (mg)	1770	1600	-170
SODIUM (%DV)	118	107	-11

LUNCH

1/2 Turkey Sandwich, cubed: 1 slice whole grain bread 1 slice turkey breast (3 1/2 in.) 1/2 Tbsp. mayonnaise 1 slice Swiss cheese (3/4 oz.) 4 vanilla wafers 1/2 cup water	1/2 Turkey Sandwich, cubed: 1 slice whole grain bread 1 slice turkey breast (3 1/2 in.) 1/2 Tbsp. mayonnaise 1 slice Swiss cheese (3/4 oz.) 4 vanilla wafers 1/2 cup water
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POTASSIUM (mg)	1080	1190	+110
POTASSIUM (% DV)	36	40	+4
PROTEIN (g)	42	48	+6
VITAMIN A (%DV)	180	170	-10*

DINNER

3 pieces chicken nuggets (from frozen) (2 oz.) 1 1/2 Tbsp. ketchup 1/4 cup mashed potatoes 1/4 cup green beans, steamed 1/2 cup whole milk	3 pieces chicken nuggets (from frozen) (2 oz.) 1 1/2 Tbsp. ketchup 1/4 cup mashed potatoes 1/4 cup green beans, steamed 1/2 cup whole milk
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VITAMIN D (%DV)	60	60	—
CALCIUM (%DV)	90	100	+10
GRAIN INTAKE	45%	68%	+23%
VEGETABLE INTAKE	126%	126%	—
FRUIT INTAKE	25%	32%	+7
DAIRY INTAKE	80%	108%	+28%

DESSERT

1 orange-flavored jello snack cup (3.5 oz.) 1/2 oz. whipped cream	1 Chobani Tots® Mango & Spinach Pouch
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PROTEIN FOODS INTAKE	85%	105%	+20%
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*Frosted toaster pastries (breakfast) are fortified with nutrients, including vitamin A. Since Chobani products are not fortified with synthetic ingredients, this substitution leads to a slight decrease in vitamin A.

CHOBANI “EAT GREEK” MENU MODEL

DAY 3

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 large egg, scrambled
1 slice whole wheat toast
1/2 cup calcium-fortified orange juice

1 large egg, scrambled
1 slice whole wheat toast
1/2 cup calcium-fortified orange juice

CALORIES (kcal)	1070	1080	+10*
TOTAL FAT (g)	38	36	-2
TOTAL FAT (% DV)	75	72	-3
SATURATED FAT (g)	14	12	-2
SAT. FAT (%DV)	95	82	-13

SNACK

1/2 cup unsweetened applesauce
2 graham cracker squares (2.5 in.)

1/2 cup unsweetened applesauce
2 graham cracker squares (2.5 in.)

FIBER (g)	9	11	-2
TOTAL SUGAR (g)	74	66	-8
SODIUM (mg)	1700	1110	-590
SODIUM (%DV)	113	74	-39

LUNCH

1/2 cup whole milk
2 oz. lean roasted ham, cubed
1.5 oz. mini tater tots (from frozen)
2 Tbsp. ketchup

1/2 cup whole milk
2 oz. lean roasted ham, cubed
1.5 oz. mini tater tots (from frozen)
2 Tbsp. ketchup

POTASSIUM (mg)	1400	1690	+290
POTASSIUM (% DV)	47	56	+9
PROTEIN (g)	50	60	+10
VITAMIN A (%DV)	230	410	+180
VITAMIN D (%DV)	80	80	—

DINNER

1/4 cup mac and cheese
1.5 oz. BBQ chicken, shredded
1/4 cup fresh strawberries, sliced
1/2 cup whole milk
1/4 cup peas (from frozen)

1/4 cup mac and cheese
1.5 oz. BBQ chicken, shredded
1/4 cup fresh strawberries, sliced
1/2 cup whole milk
1/4 cup peas (from frozen)

CALCIUM (%DV)	100	120	+20
GRAIN INTAKE	47%	60%	+13%
VEGETABLE INTAKE	128%	62%	-66%**
FRUIT INTAKE	128%	138%	+10%
DAIRY INTAKE	52%	90%	+38%

DESSERT

1/3 cup chocolate ice cream

1 Chobani Tots® Banana & Pumpkin Pouch

PROTEIN FOODS INTAKE	192%	192%	—
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*Frosted toaster pastries (breakfast) are fortified with nutrients, including vitamin A. Since Chobani products are not fortified with synthetic ingredients, this substitution leads to a slight decrease in vitamin A.

CHOBANI “EAT GREEK” MENU MODEL

DAY 4

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 medium pancake (4 in.)
1/2 Tbsp. maple syrup
1 large egg, scrambled
1/2 cup calcium-fortified orange juice

1 slice whole wheat toast (1 oz.)
2.5 oz. Butternut Squash, Banana and Oat Yogurt
1 large egg, scrambled
1/2 cup calcium-fortified orange juice

CALORIES (kcal)	1130	1070	-60
TOTAL FAT (g)	49	33	-16
TOTAL FAT (% DV)	97	65	-32
SATURATED FAT (g)	14	11	-3
SAT. FAT (%DV)	91	76	-15

SNACK

1 vanilla pudding snack cup (4 oz.)

1 Chobani Tots® Banana & Pumpkin Pouch

FIBER (g)	8	11	+3
TOTAL SUGAR (g)	66	65	-1
SODIUM (mg)	1810	1540	-270

LUNCH

1/2 serving chicken salad:
1/2 cup roasted chicken, chopped
1/2 Tbsp. celery, chopped
1 Tbsp. herbs
1/8 Tbsp. Dijon mustard
2 Tbsp. mayonnaise
4 whole wheat crackers (2/3 oz.)
1/2 medium banana, sliced
1/2 cup whole milk

1/2 serving **Chobani Chicken Salad:**
1/2 cup roasted chicken, chopped
1/2 Tbsp. celery, chopped
1 1/2 Tbsp. herbs
1/8 Tbsp. Dijon mustard
3 Tbsp. Chobani® Greek Yogurt Non-Fat Plain
4 whole wheat crackers (2/3 oz.)
1/2 medium banana, sliced

SODIUM (%DV)	121	103	-18
POTASSIUM (mg)	1400	1960	+560
POTASSIUM (% DV)	47	65	+18
PROTEIN (g)	47	64	+17
VITAMIN A (%DV)	160	480	+320
VITAMIN D (%DV)	60	70	+10

DINNER

1/2 cup cheese ravioli, with tomato sauce (from frozen)
1/2 cup unsweetened applesauce
1/4 cup green beans, steamed
1/2 cup whole milk

1/2 cup cheese ravioli, with tomato sauce (from frozen)
1/2 cup unsweetened applesauce
1/4 cup green beans, steamed
1/2 cup whole milk

CALCIUM (%DV)	100	140	+40
GRAIN INTAKE	78%	86%	+8%
VEGETABLE INTAKE	31%	44%	+13%
FRUIT INTAKE	116%	150%	+34%
DAIRY INTAKE	44%	116%	+72%

DESSERT

12 mini cinnamon grahams (1/2 oz.)

12 mini cinnamon grahams (1/2 oz.)

PROTEIN FOODS INTAKE	185%	185%	—
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CHOBANI “EAT GREEK” MENU MODEL

DAY 5

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 blueberry waffle (from frozen) (1 oz.)
1/2 Tbsp. maple syrup
1/2 Tbsp. butter
1/4 small banana, sliced
1/2 cup whole milk

1 **Chobani Banana Muffin** (2.5 oz.)
1/2 cup whole milk

CALORIES (kcal)	1040	1030	-10
TOTAL FAT (g)	40	40	—
TOTAL FAT (% DV)	78	78	—
SATURATED FAT (g)	15	11	-4
SAT. FAT (%DV)	98	75	-23

SNACK

1/2 medium apple, peeled, diced
1 Tbsp. peanut butter

1/2 medium apple, peeled, diced
1 Tbsp. peanut butter

FIBER (g)	11	11	—
TOTAL SUGAR (g)	78	71	-7
SODIUM (mg)	1220	1100	-120
SODIUM (%DV)	81	73	-8

LUNCH

1 oz. grilled chicken, shredded
1.5 oz. home-fried potatoes
4 oz. mandarin oranges, packed in light syrup
1/2 cup unsweetened apple juice

1 oz. grilled chicken, shredded
1.5 oz. home-fried potatoes
4 oz. mandarin oranges, packed in light syrup
1/2 cup unsweetened apple juice

POTASSIUM (mg)	1440	1450	+10
POTASSIUM (% DV)	48	48	—
PROTEIN (g)	38	50	+12
VITAMIN A (%DV)	820	1190	+370

VITAMIN D (%DV)	50	50	—
CALCIUM (%DV)	60	80	+20

GRAIN INTAKE	65%	66%	+1%
VEGETABLE INTAKE	112%	117%	+5%

FRUIT INTAKE	204%	152%	-38%*
DAIRY INTAKE	45%	84%	+39%

DINNER

2 1-oz. turkey meatballs
1/4 cup marinara sauce
1/2 cup whole wheat pasta
1/4 cup carrots, steamed
1/2 cup whole milk

2 1-oz. turkey meatballs
1/4 cup marinara sauce
1/2 cup whole wheat pasta
1/4 cup carrots, steamed
1/2 cup whole milk

PROTEIN FOODS INTAKE	169%	172%	+3%
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DESSERT

2 chocolate chip cookies (1/2 oz.)

1 Chobani Tots® Mango & Spinach Pouch

*Decrease in fruit intake due to substitution of syrup-packed mandarin oranges (lunch) for Mango Carrot and Brown Rice Yogurt, topped with peas. Despite this decrease, fruit intake is still above recommendations.

CHOBANI “EAT GREEK” MENU MODEL

DAY 6

CHILDREN (4-8 YEARS OLD)

	BASE MENU	EAT GREEK		BASE MENU	EAT GREEK	DIFFERENCE
BREAKFAST	1/2 whole wheat English muffin	1/2 whole wheat English muffin	CALORIES (kcal)	1090	1030	-60
	1/2 Tbsp. strawberry jam	1/2 Tbsp. strawberry jam	TOTAL FAT (g)	38	35	-3
	1/2 large hard-boiled egg	1/2 large hard-boiled egg	TOTAL FAT (% DV)	74	68	-6
	1/2 cup whole milk	1/2 cup whole milk	SATURATED FAT (g)	16	14	-2
SNACK	3/4 cup popcorn, unsalted	3/4 cup popcorn, unsalted	SAT. FAT (%DV)	108	95	-13
	1/2 cup unsweetened apple juice	1/2 cup unsweetened apple juice	FIBER (g)	14	13	-1*
			TOTAL SUGAR (g)	76	70	-6
			SODIUM (mg)	1290	1060	-230
LUNCH	1 Ham & Cheese Roll Up: 1 slice cheddar cheese (1 oz.)	1 Ham & Cheese Roll Up: 1 slice cheddar cheese (1 oz.)	SODIUM (%DV)	86	70	-16
	1 slice ham, 89% lean (1 oz.)	1 slice ham, 89% lean (1 oz.)	POTASSIUM (mg)	970	1290	+320
	6 mini rice cakes	6 mini rice cakes	POTASSIUM (% DV)	32	43	+11
	2 chocolate sandwich cookies	1 Chobani Tots® Mango & Spinach Pouch	PROTEIN (g)	36	45	+9
DINNER	1/2 cup whole wheat spaghetti	1/2 cup whole wheat spaghetti	VITAMIN A (%DV)	210	360	+150
	1/4 cup vegetable pasta sauce	1/4 cup vegetable pasta sauce	VITAMIN D (%DV)	70	70	—
	1/2 cup unsweetened applesauce	1/2 cup unsweetened applesauce	CALCIUM (%DV)	100	110	+10
	1/4 cup peas (from frozen)	1/4 cup peas (from frozen)	GRAIN INTAKE	111%	111%	—
1/2 cup whole milk	1/2 cup whole milk	VEGETABLE INTAKE	80%	80%	—	
DESSERT	1 cream-filled cupcake (3.5 oz.)	1 Chobani Tots® Mango & Spinach Pouch	FRUIT INTAKE	100%	151%	+51%
			DAIRY INTAKE	77%	114%	+37%
		PROTEIN FOODS INTAKE	75%	75%	—	

*Negligible decrease in fiber due to substitution of chocolate sandwich cookies (lunch) for Greek Yogurt.

CHOBANI “EAT GREEK” MENU MODEL

DAY 7

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 cup chocolate puff cereal
1/2 cup whole milk
1/2 cup pear slices, packed in juice

1 Chobani Tots® Banana & Pumpkin Pouch
1 mini whole wheat bagel (1.3 oz.)
1/2 cup whole milk
1/2 cup pear slices, packed in juice

CALORIES (kcal)

1080

1080

—

TOTAL FAT (g)

36

35

-1

TOTAL FAT (% DV)

70

69

-1

SATURATED FAT (g)

12

11

-1

SAT. FAT (%DV)

82

76

-6

FIBER (g)

11

14

+3

TOTAL SUGAR (g)

77

74

-3

SODIUM (mg)

1330

1200

-130

SODIUM (%DV)

89

80

-9

POTASSIUM (mg)

1020

1240

+220

POTASSIUM (% DV)

34

41

+7

PROTEIN (g)

37

44

+7

VITAMIN A (%DV)

140

190

+50

VITAMIN D (%DV)

100

100

—

CALCIUM (%DV)

90

120

+30

GRAIN INTAKE

183%

107%

-80%*

VEGETABLE INTAKE

126%

126%

—

FRUIT INTAKE

84%

157%

+73%

DAIRY INTAKE

70%

104%

+34%

DESSERT

2 graham cracker honey squares (2 1/2 in.) 2 graham cracker honey squares (2 1/2 in.)

PROTEIN FOODS INTAKE

110%

110%

—