

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

ADULTS

CHOBANI “EAT GREEK” MENU MODEL

DAY 1

ADULTS

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

3/4 cup honey-nut oat cereal
1/2 cup 2% milk
1 medium apple
12 oz. black coffee, with 1 tsp. sugar

1 Chobani Simply 100® Greek Yogurt
Key Lime
1/3 cup granola
1 medium apple
12 oz. latte, 2% milk

CALORIES (kcal) 2140 2010 -130
TOTAL FAT (g) 95 67 -28
TOTAL FAT (% DV) 146 103 -43
SATURATED FAT (g) 28 27 -1
SAT. FAT (%DV) 140 135 -5

SNACK

1 oz. cheese-flavored tortilla chips
1 oz. ranch dip

1/2 cup cucumber, sliced
1 oz. **Chobani Ranch Dip**

FIBER (g) 22 27 +5
TOTAL SUGAR (g) 92 90 -2
SODIUM (mg) 1900 1660 -240
SODIUM (%DV) 79 69 -10

LUNCH

1 serving Macaroni Salad:
4 oz. elbow macaroni
2 oz. mayonnaise
2 Tbsp. onion, chopped
1/4 cup celery, chopped
2 Tbsp. chopped hardboiled egg
12 oz. unsweetened iced tea

1 serving Pesto Pasta Salad:
4 oz. elbow macaroni
2 oz. **Chobani Pesto Vinaigrette**
1 oz. fresh mozzarella
1/4 cup cherry tomatoes
2 oz. grilled skinless chicken
12 oz. unsweetened iced tea

POTASSIUM (mg) 2210 2350 +140
POTASSIUM (% DV) 63 67 +4
PROTEIN (g) 62 99 +37
VITAMIN A (%DV) 40 60 +20

DINNER

3 oz. beef pot roast, lean
1/2 cup broccoli, steamed
1 oz. reduced-fat American cheese
5 oz. roasted potato wedges
1 whole wheat dinner roll (1 oz.)
1/2 Tbsp. butter, unsalted
1 cup chamomile tea

3 oz. beef pot roast, lean
1/2 cup broccoli, steamed
1 oz. reduced-fat American cheese 5 oz.
roasted potato wedges
1 whole wheat dinner roll (1 oz.)
1/2 Tbsp. butter, unsalted
1 cup chamomile tea

VITAMIN D (%DV) 35 35 -
CALCIUM (%DV) 60 100 +40
GRAIN INTAKE 106% 107% +1%
VEGETABLE INTAKE 68% 83% +15%
FRUIT INTAKE 95% 96% +1%

DESSERT

4 oz. lemon sorbet
1/4 cup blueberries

4 oz. lemon sorbet
1/4 cup blueberries

DAIRY INTAKE 33% 92% +59%
PROTEIN FOODS INTAKE 61% 91% +30%

CHOBANI “EAT GREEK” MENU MODEL

DAY 2

ADULTS

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 plain bagel (3 in.)
1 1/2 Tbsp. grape jelly
12 oz. latte, 2% milk

1 serving **Chobani Oatmeal**:
1 oz. Chobani® Greek Yogurt
Non-Fat Plain
1/4 cup steel-cut oats
2 Tbsp. strawberries, sliced
2 Tbsp. almonds, sliced
1/4 medium banana, sliced
12 oz. latte, 2% milk

CALORIES (kcal)

1970

1870

-100

TOTAL FAT (g)

72

66

-6

TOTAL FAT (% DV)

110

102

-8

SATURATED FAT (g)

18

17

-1

SAT. FAT (%DV)

90

83

-8

FIBER (g)

21

27

+6

TOTAL SUGAR (g)

96

94

-2

SODIUM (mg)

3520

2980

-540

SODIUM (%DV)

147

124

-23

POTASSIUM (mg)

1870

1980

+110

POTASSIUM (% DV)

53

57

+4

PROTEIN (g)

75

84

+9

VITAMIN A (%DV)

240

240

—

VITAMIN D (%DV)

—

—

—

CALCIUM (%DV)

80

100

+20

GRAIN INTAKE

135%

115%

-20%*

VEGETABLE INTAKE

119%

119%

—

FRUIT INTAKE

38%

55%

+17%

DAIRY INTAKE

47%

80%

+33%

PROTEIN FOODS INTAKE

85%

90%

+5%

LUNCH

Turkey Sandwich:
2 slices whole grain bread
2 oz. turkey lunchmeat (3 1/2 in.)
1 slice tomato
1/4 cup lettuce, shredded
8 medium baby carrots
1 oz. baked potato chips
12 oz. sparkling water

Turkey Sandwich:
2 slices whole grain bread
2 oz. turkey lunchmeat (3 1/2 in.)
1 slice tomato
1/4 cup lettuce, shredded
8 medium baby carrots
1 oz. baked potato chips
12 oz. sparkling water

DINNER

3.5 oz. fried chicken breast
2/3 cup coleslaw
1 homemade biscuit (2 1/2 in.)
1 Tbsp. strawberry jam
12 oz. unsweetened iced tea

3.5 oz. **Chobani Oven-Fried Chicken**
2/3 cup coleslaw
1 homemade biscuit (2 1/2 in.)
1 Tbsp. strawberry jam
12 oz. unsweetened iced tea

DESSERT

1 large chocolate chip cookie (3 1/2-4 in.)

1 Chobani “Flip”® Greek Yogurt
Chocolate Haze Craze

*Decrease in grain intake is a reduction in refined grains due to the substitution of plain bagel (breakfast) for **Chobani Oatmeal**. Despite this decrease, grain intake is still above recommendations and features more whole grains due to the whole grain oats (breakfast) and whole wheat-containing **Chobani Oven Fried Chicken** (dinner).

CHOBANI “EAT GREEK” MENU MODEL

DAY 3

ADULTS

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 large fried egg
1 whole wheat English muffin
1 1/2 Tbsp. strawberry jam
1 slice bacon
1 cup black coffee

1 large fried egg
1 whole wheat English muffin Chobani®
Greek Yogurt Peach 1/2 cup granola
1 cup black coffee

CALORIES (kcal) 2110 1980 -130
TOTAL FAT (g) 96 72 -24
TOTAL FAT (% DV) 148 111 -37
SATURATED FAT (g) 27 15 -12
SAT. FAT (%DV) 136 73 -63

SNACK

1 Tbsp. peanut butter
3 graham cracker squares (2.5 in.)

1 oz. **Chobani Roasted Red Pepper Spread**
1 oz. whole wheat crackers

FIBER (g) 13 22 +9
TOTAL SUGAR (g) 87 80 -7
SODIUM (mg) 2350 2550 +200*
SODIUM (%DV) 98 106 -8

LUNCH

3 oz. salmon fillet, baked
3 cups baby spinach
1/2 medium tomato, chopped 1/4 cup carrots, chopped
2 Tbsp. ranch dressing
1/4 cup croutons
8 oz. unsweetened apple juice

3 oz. salmon fillet, baked
3 cups baby spinach
1/2 medium tomato, chopped
1/4 cup carrots, chopped
2 Tbsp. ranch dressing
1/4 cup croutons
8 oz. unsweetened apple juice

POTASSIUM (mg) 1520 2230 +710
POTASSIUM (% DV) 43 64 +21
PROTEIN (g) 77 109 +32
VITAMIN A (%DV) 390 640 +250
VITAMIN D (%DV) 10 10 -

DINNER

1 serving chicken pot pie (from frozen) (8 oz.)
12 oz. berry-flavored water

1 serving **Chobani Chicken, Rice and Mushroom Casserole** (15 oz.)
1/2 cup steamed carrots
12 oz. berry-flavored water

CALCIUM (%DV) 60 80 +20
GRAIN INTAKE 85% 98% +13%**
VEGETABLE INTAKE 144% 192% +48%
FRUIT INTAKE 71% 71% -

DESSERT

1 chocolate brownie (2 in. square), with 1/2 cup raspberries

1 chocolate brownie (2 in. square), with 1/2 cup raspberries

DAIRY INTAKE 0% 31% +31%
PROTEIN FOODS INTAKE 137% 167% +37%

*All Chobani® Greek Yogurt is low in sodium. The salt in the **Chobani Chicken, Rice and Mushroom Casserole** recipe may be altered to meet your taste preferences; however, the 2010 Dietary Guidelines for Americans advises lowering sodium intake toward levels consistent with national daily targets.

Increase in grain intake includes an increase in whole grains due to the substitution of chicken pot pie (dinner) with brown rice-containing **Chobani Chicken, Rice and Mushroom Casserole.

CHOBANI “EAT GREEK” MENU MODEL

DAY 4

ADULTS

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 cup toasted oat cereal
1 cup 2% milk
1 medium orange
1 cup black coffee

1 cup toasted oat cereal
1 cup 2% milk
1 medium orange
1 cup black coffee

CALORIES (kcal) 2060 1890 -170
TOTAL FAT (g) 89 81 -8
TOTAL FAT (% DV) 137 124 -13
SATURATED FAT (g) 20 20 -
SAT. FAT (%DV) 100 99 -1

SNACK

1 oz. cracker snack mix

6 oz. **Chobani Berry Banana Smoothie**

FIBER (g) 16 16 -
TOTAL SUGAR (g) 77 77 -
SODIUM (mg) 3160 2700 -460
SODIUM (%DV) 132 112 -20

LUNCH

Hamburger:
1 2-oz. burger bun
3 oz. ground beef patty, 90% lean
1 slice lettuce
1 slice tomato
2 Tbsp. ketchup
1 Tbsp. mustard
1 Tbsp. mayo

Hamburger:
1 2-oz. burger bun
3 oz. ground beef patty, 90% lean
1 slice lettuce
1 slice tomato
2 Tbsp. ketchup
1 Tbsp. mustard
1 Tbsp. mayo

POTASSIUM (mg) 2220 2465 +245
POTASSIUM (% DV) 63 70 +7
PROTEIN (g) 90 98 +8

6 oz. Caesar side salad (lettuce, dressing, croutons, Parmesan)
12 oz. iced black coffee

6 oz. Caesar side salad (lettuce, dressing, croutons, Parmesan)
12 oz. iced black coffee

VITAMIN A (%DV) 70 70 -
VITAMIN D (%DV) 40 50 +10
CALCIUM (%DV) 80 100 +20

DINNER

1 serving Bruschetta:
2 1-oz. slices French bread
3/4 large tomato, chopped
1 Tbsp. olive oil
1/2 clove garlic
2 Tbsp. fresh herbs
2.5 oz. Fettuccini Alfredo
2.5 oz. grilled skinless chicken
12 oz. sparkling water

Bruschetta:
2 1-oz. slices French bread
3/4 large tomato, chopped
1 Tbsp. olive oil
1/2 clove garlic
2 Tbsp. fresh herbs
2.5 oz. Fettuccini Alfredo
2.5 oz. grilled skinless chicken
12 oz. sparkling water

GRAIN INTAKE 95% 95% -
VEGETABLE INTAKE 55% 55% -
FRUIT INTAKE 37% 52% +15%
DAIRY INTAKE 33% 65% +32%

DESSERT

1 piece red velvet cake, with cream cheese icing (3.25 oz.)

1 Chobani Indulgent™ Greek Yogurt Double Chocolate Chunk

PROTEIN FOODS INTAKE 100% 100% -

CHOBANI “EAT GREEK” MENU MODEL

DAY 5

ADULTS

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 waffle (7 in.)
2 Tbsp. maple syrup
1 cup raspberries, fresh*
1 cup black tea, with 1 Tbsp. 2% milk

2 **Chobani Perfect Pancakes**,
with strawberries (5 oz.)
2 Tbsp. maple syrup
1 cup raspberries, fresh*
1 cup black tea, with 1 Tbsp. 2% milk

CALORIES (kcal) 1930 1880 -50
TOTAL FAT (g) 89 74 -15
TOTAL FAT (% DV) 137 114 -23
SATURATED FAT (g) 34 27 -7
SAT. FAT (%DV) 169 134 -35

SNACK

2 large celery stalks
2 Tbsp. peanut butter

2 large celery stalks
2 Tbsp. peanut butter

FIBER (g) 24 26 +2
TOTAL SUGAR (g) 99 92 -7
SODIUM (mg) 3970 3870 -100

LUNCH

1 Grilled Cheese Sandwich:
2 slices whole wheat bread
1 oz. American cheese
1 cup tomato bisque soup
8 oz. unsweetened tea

1 Grilled Cheese Sandwich:
2 slices whole wheat bread
1 oz. American cheese
1 cup tomato bisque soup
8 oz. unsweetened tea

SODIUM (%DV) 165 160 -5
POTASSIUM (mg) 1730 2060 +330
POTASSIUM (% DV) 50 60 +10
PROTEIN (g) 79 94 +15

DINNER

1 serving Steak Fajitas:
3 oz. steak, lean
2 oz. onion, chopped 2 oz. red pepper
2 corn tortillas
1 oz. sour cream
2 oz. reduced-fat Monterey Jack cheese
1/4 cup guacamole
1/2 oz. baked tortilla chips
12 oz. sparkling water

1 serving Steak Fajitas:
3 oz. steak, lean
2 oz. onion, chopped
2 oz. red pepper
2 corn tortillas
1 oz. Chobani® Greek Yogurt Non-Fat Plain
2 oz. reduced-fat Monterey Jack cheese
1/4 cup **Chobani Guacamole**
1/2 oz. baked tortilla chips
12 oz. sparkling water

VITAMIN A (%DV) 80 90 +10
VITAMIN D (%DV) 25 30 +5
CALCIUM (%DV) 140 160 +20
GRAIN INTAKE 72% 96% +24%**
VEGETABLE INTAKE 261% 272% +11%
FRUIT INTAKE 50% 54% +4%
DAIRY INTAKE 82% 119% +37%
PROTEIN FOODS INTAKE 91% 97% +6%

DESSERT

3/4 cup coconut sorbet

Chobani Indulgent™ Greek Yogurt
Cherry & Dark Chocolate

*Meal can be alternatively paired with apple slices or seasonal produce.

Increase in grain intake includes an increase in whole grains due to the substitution of plain waffle (breakfast) for whole wheat-containing **Chobani Perfect Pancakes.

CHOBANI “EAT GREEK” MENU MODEL

DAY 6

ADULTS

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

2 medium pancakes
2 Tbsp. maple syrup
1 medium pear
12 oz. latte, 2% milk

Chobani® Oats – Apple Cinnamon
1 whole wheat English muffin
1 large egg, scrambled
1 medium pear
12 oz. latte, 2% milk

CALORIES (kcal)	2030	1970	-60
TOTAL FAT (g)	79	66	-13
TOTAL FAT (% DV)	122	101	-21
SATURATED FAT (g)	22	22	–
SAT. FAT (%DV)	112	111	-1

SNACK

10 whole wheat crackers (1.5 oz)
2 Tbsp. roasted garlic hummus,
with 100% olive oil

10 whole wheat crackers (1.5 oz)
2 Tbsp. roasted garlic hummus,
with 100% olive oil

FIBER (g)	25	33	+8
TOTAL SUGAR (g)	102	86	-16
SODIUM (mg)	4120	3490	-630
SODIUM (%DV)	172	146	-26

LUNCH

2 cups potato & broccoli cheese soup
1-oz. slices baguette
12 oz. citrus-flavored sparkling water

1 serving **Chobani Chicken and White Bean Chili** (13 oz.)
2 1-oz. slices baguette
12 oz. citrus-flavored sparkling water

POTASSIUM (mg)	1290	1450	+160
POTASSIUM (% DV)	37	41	+4
PROTEIN (g)	54	105	+51
VITAMIN A (%DV)	90	90	–

DINNER

3 oz. turkey meatloaf (from frozen)
1 Side Salad:
1 cup lettuce
1/4 cup cherry tomatoes
1 Tbsp. blue cheese dressing
1 oz. blue cheese
1/2 cup mashed potatoes
12 oz. sparkling water

3 oz. turkey meatloaf (from frozen)
1 Side Salad:
1 cup lettuce
1/4 cup cherry tomatoes
1 Tbsp. blue cheese dressing
1 oz. blue cheese
1/2 cup mashed potatoes
12 oz. sparkling water

VITAMIN D (%DV)	4	14	+10
CALCIUM (%DV)	100	110	+10
GRAIN INTAKE	85%	90%	+5%*
VEGETABLE INTAKE	260%	120%	-140%**
FRUIT INTAKE	55%	55%	–

DESSERT

1 slice Dutch apple pie

1 Chobani “Flip”® Greek Yogurt
Tropical Escape

DAIRY INTAKE	65%	107%	+42%
PROTEIN FOODS INTAKE	26%	129%	+103%

*Increase in grain intake includes an increase in whole grains from the substitution of plain pancakes (breakfast) for Chobani® Greek Yogurt paired with whole wheat English muffin.

Decrease in vegetable intake is due to the substitution of potato & broccoli cheese soup (lunch) for **Chobani Chicken and White Bean Chili. Despite this decrease, vegetable intake is still above recommendations.

CHOBANI “EAT GREEK” MENU MODEL

DAY 7

ADULTS

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 breakfast burrito:
1 egg, scrambled
1 oz. American cheese
1/4 cup potatoes O'Brien
1 10-in. whole wheat tortilla
1 cup calcium-fortified orange juice

1 breakfast burrito:
1 egg, scrambled
1 oz. American cheese
1/4 cup potatoes O'Brien
1 10-in. whole wheat tortilla
1 cup calcium-fortified orange juice

CALORIES (kcal) 2010 1840 -170
TOTAL FAT (g) 93 72 -21
TOTAL FAT (% DV) 142 110 -32

SATURATED FAT (g) 33 29 -4
SAT. FAT (%DV) 165 149 -16

FIBER (g) 16 21 +5

TOTAL SUGAR (g) 111 107 -4

SODIUM (mg) 3120 3090 -30

SODIUM (%DV) 130 129 -1

POTASSIUM (mg) 2150 2620 +470

POTASSIUM (% DV) 61 75 +14

PROTEIN (g) 70 76 +6

VITAMIN A (%DV) 210 219 +9

VITAMIN D (%DV) 35 40 +5

CALCIUM (%DV) 100 120 +20

GRAIN INTAKE 74% 74% —

VEGETABLE INTAKE 131% 131% —

FRUIT INTAKE 97% 170% +73%

DAIRY INTAKE 42% 64% +22%

PROTEIN FOODS INTAKE 82% 82% —

SNACK

1 blueberry muffin (2 x 2 3/4 in.)

1 serving **Chobani Fruit Kebabs** (8 oz.)

LUNCH

2 oz. grilled chicken, skinless
2 cups romaine lettuce
1 oz. blue cheese dressing
1 Tbsp. Parmesan
1 whole wheat dinner roll (1 oz.)
1/2 Tbsp. butter, unsalted
8 oz. 100% cranberry juice

2 oz. grilled chicken, skinless
2 cups romaine lettuce
1 oz. **Chobani Blue Cheese Dressing**
1 Tbsp. Parmesan
1 whole wheat dinner roll (1 oz.)
1/2 Tbsp. butter, unsalted
8 oz. 100% cranberry juice

DINNER

2 oz. spaghetti
2 oz. turkey meatballs
1 Tbsp. Parmesan
1/2 cup tomato sauce
1 whole grain breadstick (1.3 oz.)
1/2 cup green beans, steamed
8 oz. unsweetened iced tea

2 oz. spaghetti
2 oz. turkey meatballs
1 Tbsp. Parmesan
1/2 cup tomato sauce
1 whole grain breadstick (1.3 oz.) 1/2 cup green beans, steamed
8 oz. unsweetened iced tea

DESSERT

1/2 slice cheesecake, with
1 Tbsp. strawberry topping

1 serving **Chobani Strawberry Icebox Cake** (3.5 oz.)