

# 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.<sup>1</sup>

<sup>1</sup>According 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

# CHILDREN

4-8 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 1/2 cup 2% milk  
1 cup toasted oat cereal  
1/2 cup calcium-fortified orange juice

1 1/2 cup 2% milk  
1 cup toasted oat cereal  
1/2 cup calcium-fortified orange juice

<b>CALORIES (kcal)</b>	1760	1670	-90
<b>TOTAL FAT (g)</b>	57	40	-17
TOTAL FAT (% DV)	97	68	-29
<b>SATURATED FAT (g)</b>	21	17	-4
SAT. FAT (%DV)	122	100	-22

SNACK

1/2 Tbsp. peanut butter  
6 saltine crackers (2/3 oz.)

4 oz. **Chobani Hummus**  
6 medium baby carrots

<b>FIBER (g)</b>	16	25	+9
<b>TOTAL SUGAR (g)</b>	126	117	-9
<b>SODIUM (mg)</b>	2550	3210	+660*

LUNCH

6 chicken nuggets (from frozen) (4 oz.)  
1 Tbsp. barbecue sauce  
1 medium orange  
2 chocolate chip cookies (1 oz.)

1/2 serving **Chobani Oven Fried Chicken** (7 oz.)  
3/4 cup **Chobani Coleslaw**  
1 medium orange  
2 chocolate chip cookies (1 oz.)

SODIUM (%DV)	125	157	+32*
<b>POTASSIUM (mg)</b>	2680	3380	+700
POTASSIUM (% DV)	65	81	+16
<b>PROTEIN (g)</b>	68	98	+30
<b>VITAMIN A (%DV)</b>	200	1350	+1150
<b>VITAMIN D (%DV)</b>	70	70	—

DINNER

1 cup spaghetti  
1/2 cup marinara sauce  
3 Tbsp. Parmesan cheese  
1 1/2 cup 2% milk, with  
2 Tbsp. chocolate syrup

1 cup spaghetti  
1/2 cup marinara sauce  
3 Tbsp. Parmesan cheese  
1 1/2 cup 2% milk, with  
2 Tbsp. chocolate syrup

<b>CALCIUM (%DV)</b>	130	140	+10
<b>GRAIN INTAKE</b>	89%	62%	-27%**
<b>VEGETABLE INTAKE</b>	57%	153%	+96%
<b>FRUIT INTAKE</b>	80%	84%	+4%

DESSERT

1 chocolate pudding cup (4 oz.)

1 Chobani Kids® Banana Tube

<b>DAIRY INTAKE</b>	112%	112%	—
<b>PROTEIN FOODS INTAKE</b>	48%	124%	+76%

\*All Chobani® Greek Yogurt is low in sodium. The salt in the **Chobani Oven Fried Chicken** 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.

\*\*Decrease in grain intake due to the substitution of saltine crackers and peanut butter (snack) for more nutrient-intense **Chobani Hummus** and baby carrots.

CHOBANI “EAT GREEK” MENU MODEL

DAY 2

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 cup 2% milk  
2 chocolate chip pancakes (from frozen)  
(2.5 oz.) 1 Tbsp. butter  
2 Tbsp. maple syrup

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

**CALORIES (kcal)**

1795

1805

-10

**TOTAL FAT (g)**

70

66

-4

TOTAL FAT (% DV)

130

110

-20

**SATURATED FAT (g)**

29

30

+1\*

SAT. FAT (%DV)

163

174

+11\*

**FIBER (g)**

15

15

-

**TOTAL SUGAR (g)**

114

111

-3

**SODIUM (mg)**

2520

2250

-270

SODIUM (%DV)

123

110

-13

**POTASSIUM (mg)**

2150

2400

+250

POTASSIUM (% DV)

52

58

+6

**PROTEIN (g)**

60

72

+12

**VITAMIN A (%DV)**

1330

1300

-30

**VITAMIN D (%DV)**

40

50

+10

**CALCIUM (%DV)**

100

110

+10

**GRAIN INTAKE**

53%

101%

+48%

**VEGETABLE INTAKE**

135%

83%

-52%\*\*

**FRUIT INTAKE**

56%

61%

+5%

**DAIRY INTAKE**

95%

100%

+5%

**PROTEIN FOODS INTAKE**

30%

36%

+6%

LUNCH

1 slice cheese pizza (from frozen) (15.1 oz.)  
12 medium baby carrots  
1/2 cup mandarin oranges, packed in juice

1 slice cheese pizza (from frozen) (15.1 oz.)  
12 medium baby carrots  
1/2 cup mandarin oranges, packed in juice

DINNER

1 medium slice meatloaf, 90% lean (3 oz.)  
1/2 cup mashed potatoes  
1 cup 2% milk  
1/2 cup peas (from frozen)

1 medium slice meatloaf, 90% lean (3 oz.)  
1/2 cup **Chobani Mashed Potatoes**  
1 cup 2% milk  
1/2 cup peas (from frozen)

DESSERT

1 ice cream sandwich (2.5 oz.)

1 ice cream sandwich (2.5 oz.)

\*Increase in saturated fat due to the substitution of graham crackers (snack) for Chobani® Greek Yogurt.

\*\*Decrease in vegetable intake due to the substitution of traditional mashed potatoes (dinner) for mashed potatoes made with Chobani® Greek Yogurt.

CHOBANI “EAT GREEK” MENU MODEL

DAY 3

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 cup 2% milk  
1 large egg, scrambled  
1/2 whole wheat English muffin  
1/2 Tbsp. butter  
1 Tbsp. strawberry jam

1 cup 2% milk  
1 large egg, scrambled  
1/2 whole wheat English muffin  
1/2 Tbsp. butter  
1 Tbsp. strawberry jam

**CALORIES (kcal)** 1730 1735 +5\*  
**TOTAL FAT (g)** 64 64 –  
TOTAL FAT (% DV) 109 109 –

**SATURATED FAT (g)** 25 24 -1  
SAT. FAT (%DV) 142 135 -7

SNACK

1 medium banana  
1 Tbsp. peanut butter

1 medium banana  
1 Tbsp. peanut butter

**FIBER (g)** 17 20 +3  
**TOTAL SUGAR (g)** 104 103 -1  
**SODIUM (mg)** 2920 2730 -190

SODIUM (%DV) 143 133 -10

LUNCH

1 small cheeseburger  
1 oz. French Fries (from frozen)  
2 Tbsp. ketchup  
1/2 cup peach slices, packed in juice

1 small cheeseburger  
1 Tbsp. ketchup  
2 oz. **Chobani Guacamole**  
1/2 oz. baked tortilla chips  
1/2 cup cucumber  
1/2 cup peach slices, packed in juice

**POTASSIUM (mg)** 2300 2490 +190  
POTASSIUM (% DV) 55 60 +5  
**PROTEIN (g)** 61 69 +8

**VITAMIN A (%DV)** 160 170 +10

**VITAMIN D (%DV)** 50 50 –

DINNER

1 cup 2% milk  
1 small beef and cheese taco,  
soft corn tortilla  
1/4 cup Spanish rice  
1/4 cup refried beans (canned)

1 cup 2% milk  
1 small beef and cheese taco, soft corn  
tortilla 1/4 cup Spanish rice  
1/4 cup refried beans (canned)

**CALCIUM (%DV)** 100 100 –  
**GRAIN INTAKE** 108% 108% –  
**VEGETABLE INTAKE** 49% 27% -22%\*\*

**FRUIT INTAKE** 86% 103% +17%

**DAIRY INTAKE** 94% 101% +7%

**PROTEIN FOODS INTAKE** 94% 94% –

DESSERT

1 vanilla pudding cup

1 **Chobani Mixed Berry FroCho Pop**

\*Menus are designed to be isocaloric.

\*\*Decrease in vegetable intake due to the substitution of French fries (lunch) with more nutrient-intense **Chobani Guacamole**, chips and cucumbers.

CHOBANI “EAT GREEK” MENU MODEL

DAY 4

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 cup calcium-fortified orange juice  
1 waffle (from frozen) (4 in.)  
1/2 Tbsp. butter  
1 Tbsp. maple syrup  
1/2 medium banana

1 cup calcium-fortified orange juice  
1 serving **Chobani Vanilla Parfait** (6 oz.)  
Strawberries, blueberries Honey Granola  
Chobani® Greek Yogurt Vanilla

**CALORIES (kcal)**

1830

1810

-20

**TOTAL FAT (g)**

57

48

-9

TOTAL FAT (% DV)

96

81

-15

**SATURATED FAT (g)**

15

10

-5

SAT. FAT (%DV)

86

57

-29

**FIBER (g)**

15

19

+4

**TOTAL SUGAR (g)**

112

103

-9

**SODIUM (mg)**

2310

1980

-330

SODIUM (%DV)

113

96

-17

**POTASSIUM (mg)**

2190

2440

+250

POTASSIUM (% DV)

53

59

+6

**PROTEIN (g)**

63

81

+18

**VITAMIN A (%DV)**

300

260

-40

**VITAMIN D (%DV)**

20

20

—

**CALCIUM (%DV)**

50

60

+10

**GRAIN INTAKE**

95%

118%

+23%

**VEGETABLE INTAKE**

48%

48%

—

**FRUIT INTAKE**

127%

138%

+11%

**DAIRY INTAKE**

33%

49%

+16%

**PROTEIN FOODS INTAKE**

88%

88%

—

LUNCH

2 slices whole wheat bread  
1 oz. turkey ham  
1 Tbsp. mayonnaise  
1/2 medium tomato  
1/2 cup apple slices

2 slices whole wheat bread  
1 oz. turkey ham  
1 Tbsp. mayonnaise  
1/2 medium tomato  
1/2 cup apple slices

DINNER

1 cup 2% milk  
1 serving Chicken Stir Fry (12 oz.)  
Chicken breast  
Mixed vegetables  
Sesame dressing  
Soy sauce  
Honey  
Peanuts  
White rice

1 cup 2% milk  
1 serving Chicken Stir Fry (12 oz.)  
Chicken breast  
Mixed vegetables  
Sesame dressing  
Soy sauce  
Honey  
Peanuts  
White rice

DESSERT

1/2 cup apple crisp

1/2 cup apple crisp

CHOBANI “EAT GREEK” MENU MODEL

DAY 5

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 cup of puffed rice cereal  
1 cup 2% milk  
1 medium orange

1 cup of puffed rice cereal  
1 cup 2% milk  
1 medium orange

<b>CALORIES (kcal)</b>	1790	1750	-40
<b>TOTAL FAT (g)</b>	89	72	-17
TOTAL FAT (% DV)	150	120	-30
<b>SATURATED FAT (g)</b>	42	34	-8
SAT. FAT (%DV)	240	195	-45

SNACK

1 part-skim mozzarella string cheese (1 oz.)  
10 hard pretzels (2 oz.)

1 serving **Chobani Fruit Kebabs** (8 oz.)  
10 hard pretzels (2 oz.)

<b>FIBER (g)</b>	12	17	+5
<b>TOTAL SUGAR (g)</b>	57	61	+4*
<b>SODIUM (mg)</b>	3310	3860	+550**
SODIUM (%DV)	160	190	+30**

LUNCH

1 Grilled Cheese Sandwich:  
2 slices whole wheat bread  
1 Tbsp. butter  
2 oz. American cheese

1 Grilled Cheese Sandwich:  
2 slices whole wheat bread  
1 Tbsp. butter  
2 oz. American cheese

<b>POTASSIUM (mg)</b>	1130	1520	+390
POTASSIUM (% DV)	30	40	+10
<b>PROTEIN (g)</b>	57	63	+6
<b>VITAMIN A (%DV)</b>	190	200	+10
<b>VITAMIN D (%DV)</b>	50	50	-

DINNER

1 individual pepperoni pizza  
(from frozen) (4 oz.)  
1/2 cup mixed frozen veggies  
(baby peas and corn)  
1 Tbsp. butter

1 serving **Chobani Tomato Basil Ricotta Pizza** (9 oz.)  
1/2 cup mixed frozen veggies  
(baby peas and corn)  
1 Tbsp. butter

<b>CALCIUM (%DV)</b>	120	110	-10***
<b>GRAIN INTAKE</b>	122%	147%	+25%
<b>VEGETABLE INTAKE</b>	20%	38%	+18%
<b>FRUIT INTAKE</b>	49%	122%	+73%

DESSERT

1/2 cup peach cobbler

1 Chobani Kids® Mixed Berry Tube

<b>DAIRY INTAKE</b>	144%	133%	-11%***
<b>PROTEIN FOODS INTAKE</b>	90%	92%	+2%

\*Slight increase in sugar due to naturally occurring sugar in fruit.

\*\*All Chobani® Greek Yogurt is low in sodium. The salt in the **Chobani Tomato Basil Ricotta Pizza** 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.

\*\*\*Slight decrease in calcium and dairy intake due to the substitution of mozzarella cheese stick (snack) with more nutrient-intense **Chobani Fruit Kebabs**. Despite this decrease, calcium and dairy intakes are 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 slice whole wheat toast  
1 Tbsp. peanut butter  
1 Tbsp. strawberry jam  
1/2 medium banana, sliced  
1 cup 2% milk

1 slice whole wheat toast  
1 Tbsp. peanut butter  
1 Tbsp. strawberry jam  
1/2 medium banana, sliced  
1 cup 2% milk

**CALORIES (kcal)**

1930

1750

-180

**TOTAL FAT (g)**

85

70

-15

TOTAL FAT (% DV)

144

118

-26

**SATURATED FAT (g)**

36

27

-9

SAT. FAT (%DV)

208

152

-56

**FIBER (g)**

13

16

+3

**TOTAL SUGAR (g)**

91

99

+8\*

**SODIUM (mg)**

2110

2680

+570\*\*

SODIUM (%DV)

103

131

+28\*\*

**POTASSIUM (mg)**

2130

3340

+1210

POTASSIUM (% DV)

50

80

+30

**PROTEIN (g)**

67

81

+14

**VITAMIN A (%DV)**

230

1370

+1140

**VITAMIN D (%DV)**

40

40

—

**CALCIUM (%DV)**

60

120

+60

**GRAIN INTAKE**

68%

48%

-20%\*\*\*

**VEGETABLE INTAKE**

32%

60%

+28%

**FRUIT INTAKE**

59%

59%

—

**DAIRY INTAKE**

65%

126%

+61%

**PROTEIN FOODS INTAKE**

84%

60%

-24%\*\*\*\*

LUNCH

1 beef hot dog (2 oz.), cut into pieces  
1/2 Tbsp. ketchup  
1/2 Tbsp. mustard  
1/2 cup unsweetened apple juice  
1 oz. baked potato chips

1 beef hot dog (2 oz.), cut into pieces  
1/2 Tbsp. ketchup  
1/2 Tbsp. mustard  
1/2 cup unsweetened apple juice  
1 oz. baked potato chips

DINNER

1 serving tuna noodle casserole (8 oz.)  
1/2 cup broccoli, steamed  
1 cup 2% milk

1 serving **Chobani Stuffed Shells** (10 oz.)  
1/2 cup broccoli, steamed  
1 cup 2% milk

DESSERT

1 puffed rice cereal marshmallow treat (1.3 oz.)

1 Chobani Kids® Strawberry Tube

\*Increase in sugar due to the substitution of puffed rice marshmallow treat (dessert) for more nutrient-intense Greek Yogurt.

\*\*All Chobani® Greek Yogurt is low in sodium. The salt in the Chobani Stuffed Shells 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.

\*\*\*Decrease in grain intake due to a decrease in refined grains.

\*\*\*\* According to USDA MyPlate criteria, dairy products such as Greek Yogurt are considered solely part of the Dairy Group. Although Chobani® Greek Yogurt is not counted towards the Protein Foods Group, protein intake still meets nutrient recommendations.

CHOBANI “EAT GREEK” MENU MODEL

DAY 7

CHILDREN (4-8 YEARS OLD)

BASE MENU

EAT GREEK

BASE MENU

EAT GREEK

DIFFERENCE

BREAKFAST

1 cup 2% milk  
1 cup toasted oat cereal  
1/2 cup calcium-fortified orange juice  
1 small apple  
1 Tbsp. peanut butter

1 cup 2% milk  
1 cup toasted oat cereal  
1/2 cup calcium-fortified orange juice  
1 small apple  
1 Tbsp. peanut butter

**CALORIES (kcal)**

1740

1650

-90

**TOTAL FAT (g)**

68

58

-10

TOTAL FAT (% DV)

115

99

-16

**SATURATED FAT (g)**

25

25

—

SAT. FAT (%DV)

140

140

—

**FIBER (g)**

27

25

-2\*

**TOTAL SUGAR (g)**

84

85

+1\*\*

**SODIUM (mg)**

2680

2470

-210

SODIUM (%DV)

130

120

-10

**POTASSIUM (mg)**

1820

2130

+310

POTASSIUM (% DV)

45

51

+6

**PROTEIN (g)**

77

84

+7

**VITAMIN A (%DV)**

1130

1180

+50

**VITAMIN D (%DV)**

30

30

—

**CALCIUM (%DV)**

80

90

+10

**GRAIN INTAKE**

118%

80%

-38%\*

**VEGETABLE INTAKE**

55%

59%

+4%

**FRUIT INTAKE**

174%

174%

—

**DAIRY INTAKE**

66%

74%

+8%

**PROTEIN FOODS INTAKE**

80%

90%

+10%

SNACK

2 pieces granola bar (1.5 oz.)

1 Chobani Kids® Grape Tube

LUNCH

1/2 cup Alfredo sauce  
1 cup whole wheat pasta  
1/2 cup baby carrots, cut  
1 Tbsp. ranch

1/2 cup Alfredo sauce  
1 cup whole wheat pasta  
1/2 cup baby carrots, cut  
1 Tbsp. **Chobani Ranch Dip**

DINNER

1 cup macaroni and cheese (from frozen)  
3 oz. chicken breast  
1/2 cup broccoli, steamed

1 serving **Chobani Orzo Salad** (100g)  
3 oz. chicken breast  
1/2 cup broccoli, steamed

DESSERT

1/2 cup unsweetened applesauce

1/2 cup unsweetened applesauce

\*Decrease in fiber and grain intake due to the substitution of granola bar (snack) for more nutrient-intense Greek Yogurt.

\*\*Slight increase in sugar due to the increase in vegetables.