

SUB IT OUT, PLUS IT UP WITH CHOBANI® GREEK YOGURT

Make a shift toward a healthier lifestyle by including delicious and nutritious Chobani Greek Yogurt in your daily routine. By swapping 2-3 ingredients in meals or snacks per day with Chobani Greek Yogurt, people can improve nutrition by reducing calories, saturated fat, sodium and sugar, while boosting high-quality protein, calcium, potassium and fiber. These simple substitutions will improve typical eating patterns and help people come closer to meeting dietary recommendations.

BREAKFAST - TYPICAL DIET



2 medium pancakes
2 Tbsp. maple syrup
2 slices bacon
8 oz. orange juice

Before: 480 calories,
4 g saturated fat,
780 mg sodium,
2 g fiber,
43 g sugar

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1 Chobani® Mighty Oats
Mixed Berry Ancient Grains
2 Tbsp. sliced almonds
1/4 cup sliced strawberries
8 oz. orange juice

After: -110 calories,
-2 g saturated fat,
-730 mg sodium,
+4 g fiber,
-6 g sugar

MORNING SNACK - TYPICAL DIET



1 12" blueberry muffin

Before: 250 calories,
2 g saturated fat,
1 g fiber,
21 g sugar,
3 g protein

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1 Chobani Simply
100® Blueberry

After: -150 calories,
-2 g saturated fat,
+4 g fiber,
-14 g sugar,
+9 g protein

LUNCH - TYPICAL DIET



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

Before: 330 calories,
4 g saturated fat,
1190 mg sodium,
7 g sugar,
20% DV calcium

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1 serving [Chobani® Chicken
and White Bean Chili](#)
2 1-oz. slices whole wheat
baguette
12 oz. citrus-flavored
sparkling water

After: -10 calories,
-4 g saturated fat,
-300 mg sodium,
-3 g sugar,
+10% DV calcium

AFTERNOON SNACK - TYPICAL DIET



1 large chocolate
chip cookie

Before: 370 calories,
12 g saturated fat,
0 mg potassium,
31 g sugar,
4 g protein

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1 Chobani "Flip"™ Almond
Coco Loco

After: -130 calories,
-7 g saturated fat,
+250 mg potassium,
-10 g sugar,
+8 g protein

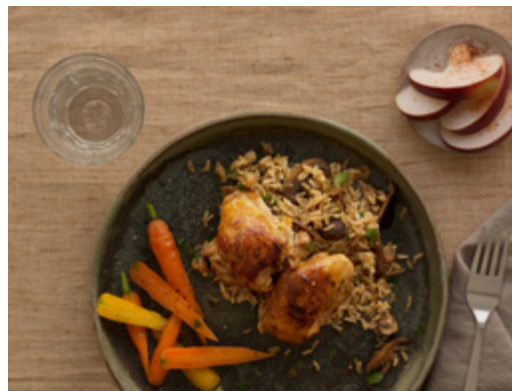
DINNER - TYPICAL DIET



1 serving chicken pot pie (from
frozen)
12 oz. water
1/2 small sliced apple,
with 1/4 tsp. cinnamon

Before: 660 calories,
13 g saturated fat,
170 mg potassium,
25 g sugar,
21 g protein

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1 serving [Chobani® Chicken,
Rice
and Mushroom Casserole](#)
1/2 cup steamed carrots
12 oz. water
1 small sliced apple,
with 1/4 tsp. cinnamon

After: -160 calories,
-10 g saturated fat,
+500 mg potassium,
-4 g sugar,
+26 g protein