

6 Simple Ways to Sub It Out and Plus It Up

Chobani believes that access to nutritious, delicious yogurt made with only natural ingredients is a right, not a privilege. That's why we are giving parents and kids more reasons to believe in our products.



Chobani Kids® Pouches and Tubes:

- Contain 25% less sugar than the leading kid's yogurt**
- Are packed with 2X more protein than the leading kids' yogurt***
- Provide a good source of calcium
- Are made with only natural ingredients



Chobani Tots® Pouches:

- 12mg of DHA Omega-3, a beneficial source of fatty acids
- Real fruit, real vegetables and whole milk Greek Yogurt
- Live and active cultures including probiotics that may help support digestive health

Chobani Kids® and Chobani Tots® Pouches and Tubes are made with only natural, non-GMO ingredients and with milk from cows not treated with rBST*.

We offer a variety of products to help parents and little ones enjoy nutritious protein and better snack choices that satisfy every part of the day. These six simple substitutions using the Chobani yogurt you love and trust are easy ways to provide better nutrition, real ingredients and deliciousness for kids. When you Sub It Out, Plus It Up two or three times a day, the whole family can enjoy the benefits of an overall healthy diet.

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

** Chobani Kids® Pouches, 10g Of sugar per 3.5oz (99g) serving; leading kids' yogurt, 14g Sugar per 3.5oz (99g) serving. Chobani Kids® Tubes, 6g of sugar per tube; leading kids' yogurt, 9g Sugar per tube.

*** Chobani Kids® Pouches, 8g (16% DV) Protein per 3.5oz (99g) serving; leading kids' yogurt, 3g (6% DV) Protein per 3.5oz (99g) serving.

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Before

CHOBANI TOTS®

1 frozen waffle
1/2 tbsp butter
1 tbsp maple syrup
1/2 cup whole milk

7g saturated fat,
15g sugars,
6g protein,
28% DV Vitamin D



BREAKFAST

1/2 cup whole milk
2 oz ham cubes
1.5 oz mini tater tots
2 tbsp ketchup

22g protein,
698 mg sodium,
40% DV Vitamin A,
20% DV calcium



LUNCH

1 chocolate pudding cup

140 calories,
2g saturated fat,
21g sugars,
2g protein

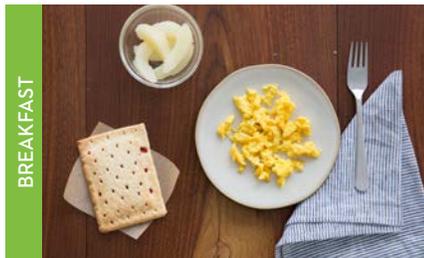


DESSERT

CHOBANI KIDS®

1 strawberry toaster pastry
1/2 cup pears, in light syrup
1 egg, scrambled

369 calories,
33g sugar,
9g protein,
212 mg potassium



BREAKFAST

10 cheese puffs
4 oz apple juice

184 calories,
297 mg sodium,
2g protein



SNACK

8 oz macaroni & cheese
1/2 cup mixed frozen veggies
1 tsp butter, unsalted

510 calories,
12g saturated fat,
13g protein,
74% DV Vitamin A,
13% DV calcium



DINNER

Sub It Out, Plus It Up

1 Chobani Perfect Pancake
1/4 cup strawberries
1/2 tbsp butter, unsalted
1/2 cup whole milk

6g saturated fat (-1g),
10g sugars (-5g),
10g protein (+4g),
33% DV Vitamin D (+5%)



BREAKFAST

1 Chobani Tots® Banana & Pumpkin Pouch
2 oz ham cubes
1/2 cup whole milk

25g protein (+3g),
124 sodium (-574 mg),
70% DV Vitamin A (+30%),
35% DV calcium (+15%)



LUNCH

1 Chobani Tots® Banana & Pumpkin Pouch

90 calories (-50),
0g saturated fat (-2g),
8g less sugars (-13g),
4g protein (+2g)



DESSERT

3.5 oz Chobani Kids® Strawberry Pouch
1 slice whole wheat toast
1 egg, scrambled

267 calories (-102),
12g sugars (-21g),
18g protein (+9g),
312 mg potassium (+100 mg)



BREAKFAST

2 oz Chobani Kids® Banana Tube
1/2 small apple, sliced
4 oz water

90 calories (-94),
29 sodium (-268 mg),
5g protein (+3g)



SNACK

8 oz Chobani Stuffed Shells
1/2 cup mixed frozen veggies
1 tsp butter, unsalted

411 calories (-99),
8g saturated fat (-4g),
22g protein (+9g),
141% DV Vitamin A (+67%),
33% DV calcium (+20%)



DINNER