Dear Registered Dietitians and Diabetes Educators,

Every day, consumers face hundreds of food-related decisions and are inundated with information about food and nutrition, making it challenging to know which foods—and in what amounts—are best. Navigating the nutrition world is further complicated as those with diabetes seek to make the best decisions for blood glucose control and overall disease management.

We know you work hard every day to help dispel common nutrition myths and counsel your audience and clients with evidence-based nutrition advice. What’s more, we know that while a few general principles and guidelines can help to optimize diabetes management, each individual’s diabetes care plan also requires a level of customization. So, we think it’s wise to be a partner with you in helping those with pre-diabetes and diabetes make healthy choices.

At Chobani, our goal is to assist you by providing relevant tools, resources, recipes and tips to help Chobani fans choose more nutrient-intense foods, achieve portion control and follow a diabetes-friendly meal plan. Yogurt makes a great addition to any diabetes meal plan, and when you choose Chobani, you’re also getting food made with only natural, non-GMO ingredients, along with the unique nutrition benefits that Greek Yogurt and classic yogurt have to offer, such as high quality protein, the right kind of carbohydrates, calcium, potassium and other key nutrients, all in one convenient cup. Chobani offers a variety of options and flavors that keep nutritious eating fun, adventurous and enjoyable for your clients.

Child or adult, type 1 or type 2, Chobani offers those with diabetes nutrient-intense solutions to fuel them through their day. That’s why we’ve put together this Diabetes Nutrition Toolkit—to support your role in educating and inspiring people to put nutrition first. The resources contained within are not only for you, but can be shared with your audience and clients, too. Here’s what you’ll find within the following pages:

- Diabetes & Nutrition Fact Sheet: A handout introducing the essential components of balanced eating for those with diabetes and the role Chobani® Yogurt can play in the diet
- Chobani Carbohydrate Guide: A guide to choosing quality carbohydrates, including an overview of natural versus added sugars and how Chobani® products easily fit into a diabetes meal plan
- 2-Day Meal Plan for Adults with Diabetes: A sample meal plan to inspire your patients with delicious meal and snack ideas
- 2-Day Meal Plan for Kids with Diabetes: A kid-friendly sample meal plan along with meal-planning tips for children with type 1 diabetes
- Diabetes-Friendly Recipes and Kitchen Tips: Inspiration for incorporating Chobani® Yogurts into a healthful diet through recipes and other helpful kitchen tips

We hope you find the information and resources valuable, and that we can continue to be a resource for you and your clients. If you have any additional needs or questions, please do not hesitate to reach out.

Best regards,

Robert C. Post, Ph.D., MEd., MSc.
Senior Director, Chobani Nutrition Center
Robert.Post@chobani.com
Diabetes & Nutrition Fact Sheet

Following a healthy eating pattern is a key component of diabetes management. While no one type of meal plan or eating pattern is best for all individuals with diabetes, it’s important to follow a few key healthy eating principles from the American Diabetes Association (ADA).1

Top Diabetes Nutrition Tips

**Manage Your Weight.** Reduce energy (calorie) intake through portion control and stick to an overall healthful eating pattern that includes nutrient-dense foods such as fruits, vegetables, whole grains and dairy, as well as lean protein foods. Balancing food with fitness is also key—those with diabetes should find ways to be active throughout the day and exercise regularly throughout the week.

**Work It Out!** Exercise not only aids in calorie balance and weight maintenance, it also helps the body use insulin better and reduces the risk of heart disease. Those with diabetes should engage in 30 minutes of moderate-to-vigorous intensity aerobic exercise at least 5 days a week (or a total of 150 minutes per week, spread out over at least 3 days).2

**Choose Carbohydrates in the Right Portions.** Carbohydrates have the greatest effect on blood glucose as compared to fat or protein.1 While the ideal amount of carbohydrates for blood glucose control varies from person to person, people with diabetes should make their carbohydrates count by choosing nutrient-dense carbohydrate-containing foods like fruits, vegetables, dairy, beans, legumes and whole grains.

**Choose Lean Protein Foods.** Look for protein sources that supply healthy, unsaturated fats like low-fat dairy, lean meats, poultry, beans, legumes, fish and eggs.

**Did You Know?** Chobani® Yogurt provides 2 times the protein of regular or other traditional yogurt and can be consumed to meet protein needs.*

**Focus on Healthy Fats.** According to the American Diabetes Association (ADA), fat quality has a greater effect on health than fat quantity,1 so they encourage focusing on foods that supply unsaturated fats and omega-3 fatty acids in mindful portions.

**Be Sodium-Savvy.** Aim for no more than 2,300mg daily, the recommendation for most Americans. Less than 2,300mg daily may be necessary for some people, such as those with high blood pressure. Your healthcare provider can help you know what’s right for you.

*Chobani® Greek Yogurt: 12g (24% DV) protein per 5.3 oz serving, regular (nonfat or low fat) yogurt: 6g (12% DV) protein per 5.3 oz serving. Chobani® Smooth: 11g (22%) protein per 5.3 oz serving, other traditional yogurts: 5g (10%) protein per 5.3 oz serving.
Diabetes and Dairy

People with diabetes should include dairy in their diet as a way to get calcium, high-quality protein and other important nutrients. Many dairy products easily fit into a diabetes meal plan, with low-fat and fat-free Chobani® Yogurt being among the best options.

**Chobani® Yogurt Fits the Bill!** Chobani provides people with diabetes a deliciously nutritious option with numerous flavorful varieties that they can enjoy throughout the day. And, what’s more, research shows yogurt can actually keep you fuller longer so that you can manage your diet and eat accordingly. Chobani is a nutrient-intense carbohydrate source that helps you meet the ADA’s recommendations:

- 2x the protein of regular or other traditional yogurt—higher protein may help increase feelings of fullness and aid in weight management
- Good source of calcium
- Source of other key micronutrients such as potassium and magnesium
- Excellent source of B vitamins
- Made with only natural, non-GMO ingredients
- Made without artificial colors, sweeteners, flavors
- Naturally low in sodium
- A variety of delicious flavors and options to make eating interesting and adventurous—diabetes or not!

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4Chobani® Greek Yogurt: 12g (24% DV) protein per 5.3 oz serving, regular (nonfat or low fat) yogurt: 6g (12% DV) protein per 5.3 oz serving; Chobani® Smooth: 11g (22%) protein per 5.3 oz serving, other traditional yogurts: 5g (10%) protein per 5.3 oz serving.
Chobani Carbohydrate Guide

With diabetes, it’s important to make your carbohydrates count. That means choosing foods with carbohydrates that are accompanied by a host of nutritional benefits, including dairy and Chobani® Yogurt. When choosing carbohydrates to include throughout the day, focus on foods from the following groups:

- Fat-Free and Low-Fat Dairy
- Fruits
- Vegetables
- Whole Grains
- Legumes/Beans

Naturally Occurring vs. Added Sugar—Explained

Sugar is a type of carbohydrate, often referred to as a simple or fast-acting carbohydrate. There are two main types of sugar:

- **Added sugars**, such as those added during processing—like fruit canned in heavy syrup or sugar added to make cookies
- **Naturally-occurring sugars**, such as those in milk or fruit

Note: On the nutrition facts label, the total number of sugar grams listed includes both added and naturally occurring sugars.

There are many different names for sugar. Examples of common names for added sugars are table sugar, brown sugar, molasses, honey, beet sugar, cane sugar, confectioners sugar, powdered sugar, raw sugar, turbinado, maple syrup, high-fructose corn syrup, agave nectar and sugar cane syrup. Table sugar may also be listed by its chemical name, sucrose. As for natural sugars, fruit sugar is known as fructose and the sugar in milk is called lactose. You can recognize other sugars on labels because their chemical names also end in “-ose.” For example, glucose (also called dextrose), fructose (also called levulose), lactose and maltose.

**Sugar Fits!** Just because a food contains sugar does not mean it should be avoided. In fact, many highly nutritious foods—like yogurt—contain some naturally occurring sugar, as well as some added sugar to round out taste. The key to better choices is that they also provide a host of important nutrients for health—like Chobani® Yogurts’ powerhouse of protein, calcium and potassium—which are easily found on the Nutrition Facts Label. Opting for nutritious choices, such as dairy and yogurt, instead of low-nutrient, empty-calorie snacks, like cookies and candy, is a good choice for a healthy diet.
Chobani’s Carbohydrate Profile

- **Total Carbohydrates:** The majority of Chobani® Yogurt* flavors contain less than 20g of total carbohydrate per 5.3oz serving, which means they easily fit within the parameters of a healthy diabetes diet.

- **Total Sugar:** Chobani® Yogurt contains sugar, most of which is from naturally occurring lactose found in milk. A small amount of added sugar, in the form of evaporated cane sugar, is also used to balance the flavor of fruits and ingredients that may be undesirably tart.

- **Essential Nutrients:** You’ll also notice that the carbohydrates found in Chobani® Yogurts are accompanied by a host of important nutrients, like protein, calcium and potassium!

Something Good for Everyone

The ideal amount of carbohydrates to have at meals and snacks will depend on each client’s individualized meal plan. Chobani offers a host of options that can easily be worked into a day of diabetes-friendly meals.

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And more! Check out full products on Chobani.com/products

*Includes Chobani® Fruit on the Bottom, Blended and Chobani® Smooth.
2-Day Meal Plan for Adults with Diabetes

About the Meal Plan

Below, you’ll find a handy meal plan for your clients that shows how Chobani® products can easily fit within a healthy meal plan. These adult meal plans were developed based on recommendations from the American Diabetes Association and the 2015-2020 Dietary Guidelines for Americans. Meal plans are based on a 1,800-2,000 calorie diet and demonstrate how 2-3 Chobani® products can be easily incorporated into a balanced eating pattern that meets carbohydrate guidelines (45-60g carbohydrates per meal, ≤25g carbohydrates per snack).

Day 1

BREAKFAST  Calories: 292 • Carbohydrates: 48g
1 (5.3 oz.) Chobani® Vanilla Non-Fat Blended Greek Yogurt with:
  1 cup sliced strawberries
  ¼ cup granola
  1 cup black coffee
  2 tbsp. 2% milk

MORNING SNACK  Calories: 173 • Carbohydrates: 21g
1 cup 1% cottage cheese
1 cup sliced peaches

LUNCH  Calories: 625 • Carbohydrates: 53g
Spinach Salad with Chicken and Quinoa:
  3 oz. grilled chicken (skinless)
  3 cups baby spinach
  ½ cup cooked quinoa
  2 tbsp. sliced almonds
  2 tbsp. dried cranberries
  1 tbsp. olive oil
  1 tbsp. balsamic vinegar
  1 cup fresh sugar snap peas

AFTERNOON SNACK  Calories: 136 • Carbohydrates: 23g
1 cup cucumber slices
1 oz. whole wheat pita chips

DINNER  Calories: 636 • Carbohydrates: 59g
1 serving Spicy Salmon Cornmeal Cakes
1 1/2 cups steamed green beans
1/2 cup cooked brown rice
1 cup 1% milk

Nutrition Facts—Day 1

| CALORIES (kcal) | 1862 |
| TOTAL FAT (g) | 61 | SODIUM (mg) | 1655 |
| TOTAL FAT (%DV) | 94% | SODIUM (%DV) | 69% |
| SATURATED FAT (g) | 12 | POTASSIUM (mg) | 2644 |
| SAT. FAT (%DV) | 58% | POTASSIUM (%DV) | 76% |
| CARBOHYDRATES (g) | 204 | PROTEIN (g) | 131 |
| FIBER (g) | 31 | VITAMIN A (%DV) | 302% |
| TOTAL SUGAR (g) | 91 | VITAMIN D (%DV) | 29% |
|                 |     | CALCIUM (%DV) | 111% |
Day 2

BREAKFAST  Calories: 414  Carbohydrates: 52g
Southwest Eggs:
  2 eggs, scrambled
  2 tbsp. pico de gallo
  ¼ cup low-sodium black beans
  2 pieces whole wheat toast
  1 tbsp. jam
  1 cup black coffee

MORNING SNACK  Calories: 174  Carbohydrates: 24g
1 (5.3 oz.) Chobani® Smooth Blueberry with:
  1 tbsp. sliced almonds
  ¼ cup blueberries

LUNCH  Calories: 402  Carbohydrates: 53g
Turkey Wrap:
  1 (8-inch) whole wheat tortilla
  2 oz. low-sodium turkey
  1 oz. low-sodium Swiss cheese
  2 slices tomato
  ½ cup lettuce
  1 cup grapes
  12 oz. sparkling water

AFTERNOON SNACK  Calories: 162  Carbohydrates: 22g
4 whole wheat crackers
1 oz. low-fat Cheddar cheese
1 clementine

DINNER  Calories: 678  Carbohydrates: 50g
1 serving Grilled Salmon with Chobani Wasabi Sauce*
  ½ cup cooked quinoa
  1½ cups steamed broccoli
  1 cup 1% milk

Nutrition Facts—Day 2

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*To keep sodium in check, use only ¼ tsp. of the 1½ tsp. salt listed in the recipe.
2-Day Meal Plan for Kids with Diabetes

Meal Planning Tips

A healthy eating style—which includes a variety of fruits, vegetables, whole grains, protein foods and low-fat or fat-free dairy foods—is critical for supporting kids’ growth and development. For children with type 1 diabetes, learning to adjust insulin for differing carb amounts not only helps them keep blood glucose in check, but also allows for flexibility to ensure a balanced diet that provides all the nutrients they need. These handy menus—developed from the 2015–2020 Dietary Guidelines for Americans recommendations and based on a 1,600-1,800 calorie diet for children 4–8 years—show how using 2–3 Chobani® products can help support a balanced meal plan for kids with type 1 diabetes.

**Day 1**

**BREAKFAST**  Carbohydrates: 46g
1 cup toasted oat cereal
1/2 medium banana, sliced
1 cup 1% milk

**MORNING SNACK**  Carbohydrates: 35g
1 2 oz. Chobani Kids® Strawberry Banana Tube
2 2 1/2” graham cracker squares
1/2 cup sliced strawberries

**LUNCH**  Carbohydrates: 63g
Tuna Salad Sandwich:
2 slices whole wheat bread
1/4 cup tuna salad
2 slices tomato
1/4 cup lettuce
1/2 cup peas
1 small apple, sliced
4 oz. water

**AFTERNOON SNACK**  Carbohydrates: 26g
2 medium celery stalks
2 tbsp. peanut butter
2 tbsp. raisins

**DINNER**  Carbohydrates: 67g
1 serving Chobani Chicken and White Bean Chili
1 cup cooked carrots
1/2 cup applesauce
1 cup 1% milk

**Nutrition Facts—Day 1**

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*National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC). Overview of Diabetes in Children and Adolescents. July 2014.*
Day 2

BREAKFAST  Carbohydrates: 48g
1 mini whole wheat bagel
1 tbsp. peanut butter
1 tsp. jam
1/2 cup cantaloupe cubes
4 oz. unsweetened apple juice

MORNING SNACK  Carbohydrates: 26g
1 brown rice cake
1 oz. part-skim mozzarella
1/2 small apple, sliced

LUNCH  Carbohydrates: 57g
Grilled Cheese and Turkey Sandwich:
2 slices whole wheat bread
1 oz. low-fat Cheddar cheese
2 oz. low-sodium turkey
3/4 cup low-sodium tomato soup
1 3.5 oz. Chobani Kids® Strawberry Pouch
4 oz. water

AFTERNOON SNACK  Carbohydrates: 36g
1 Chobani® Mixed Berry FroCho Pop
4 whole wheat crackers

DINNER  Carbohydrates: 78g
1 chicken soft taco
1/2 cup brown rice
1/4 cup black beans
1 cup steamed broccoli
1 cup 1% milk

Nutrition Facts—Day 2

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