Choose Chobani® Yogurt: Managing Lactose Intolerance

The 2015–2020 Dietary Guidelines for Americans identify dairy foods, including yogurt, as an important source of essential nutrients. But people who avoid dairy foods due to lactose intolerance may miss out on many nutritional and health benefits. Chobani® Yogurts are made through an authentic straining process that reduces lactose to less than 5% per serving (about 4g per 5.3oz cup) while providing needed protein and calcium, which may make it a good nutrient-intense dairy option for those who are sensitive to lactose.

Our Greek Yogurt, for instance, uses an authentic straining process resulting in a thicker, creamier yogurt with an average of 12g of protein per 5.3oz serving—that’s double the protein of regular yogurt. Our Chobani® Smooth classic yogurt, meanwhile, is strained to create a yogurt that’s smooth and creamy with a mild taste, but still provides twice as much protein as other traditional yogurts without sacrificing nutrition or using artificial additives.

As always, be sure to consult a physician before changing your diet, and ask if Chobani® Yogurt is a good option for you.

THE DAIRY BENEFIT

Calcium
Dairy is considered the main dietary source of calcium, an essential mineral that contributes to bone strength across the lifespan. Those who avoid dairy may consume less-than-recommended amounts of calcium needed for normal bone growth.

Nutrient Essentials
Dairy supplies a host of important nutrients for health, including potassium, magnesium, iron, vitamins D and A, riboflavin and choline. Avoidance of dairy foods, however, can decrease intakes of these key nutrients.

Live & Active Cultures
The live and active cultures found in yogurt partially break down lactose into simple sugars which are easier for digestion: making foods like Chobani® Yogurt a potentially good dairy option for those who are lactose intolerant.

Necessary for Children
The American Academy of Pediatrics (AAP) recommends that children with primary lactose intolerance consume dairy foods (especially partially digested products such as yogurts and cheese) as part of a healthy diet to get the recommended amount of calcium, protein and other essential nutrients for bone health and growth.

FOOTNOTES

2. Chobani® Greek Yogurt: 12g (24% D V) protein per 5.3oz serving, regular (nonfat or low-fat) yogurt: 6g (12% DV) protein per 5.3oz serving, Chobani® Smooth: 11g (22% DV) protein per 5.3oz serving, other traditional yogurts: 5g (10% DV) protein per 5.3oz serving.
• Less than 5% lactose
• Excellent source of natural, high-quality protein
• Source of calcium and potassium
• 5 live and active cultures, with 3 types of probiotics
• Made with only natural, non-GMO ingredients
• No artificial preservatives, sweeteners or flavors
• Made with milk from cows not treated with rBST†

† According to the FDA, no significant difference has been found between milk derived from rBST-treated and non-rBST-treated cows.

Yogurt-Inspired Recipes for People with Lactose Intolerance

BREAKFAST:
Bring back breakfast using
Fruit Kebabs
Fruit pairs well with nutritious Chobani-coconut dip, made without artificial flavors and only natural ingredients.

LUNCH:
Instead of your usual sandwich, pack a salad with
Honey Walnut Dressing
Chobani® Greek Yogurt is vegetarian-friendly and gluten-free.

AFTER SCHOOL SNACK:
Plus up an afternoon snack, try a
Mixed Berry Smoothie
Boost your protein and calcium with Greek Yogurt!

DINNER:
Mix up your side dish. Serve Steamed Asparagus with
Chobani® Hollandaise
Replacing butter with Greek Yogurt cuts calories and saturated fat.

DESSERT:
Thought frozen dairy was off limits? Try a
Mango FroCho Pop
A creamy treat with a nutrient-intense profile you can eat.