

Choose Chobani® Yogurt: Nutrition for Healthy Aging and Older Adults



A healthy eating pattern that includes dairy can help lower the risk of chronic diseases, such as diabetes and high blood pressure, and help to manage a healthy weight as people age.¹ According to the *2015–2020 Dietary Guidelines for Americans*, on average, men and women above the age of 50 are not eating their recommended three cups of dairy a day. People tend to eat less dairy as they get older,¹ so easy-to-consume, nutrient-intense options become increasingly important for this population. The straining process makes Chobani® Yogurt an ideal snack or meal component, offering several benefits to support healthy aging, including:

- An excellent source of protein to sustain muscle health²
- A good source of natural calcium to maintain bone mass³
- Potassium, magnesium, and other nutrients to support heart health and help lower blood pressure^{1,4}
- Essential B vitamins
- Less than 5% lactose for those who cannot tolerate fluid milk
- A creamy texture with distinct flavors to enhance enjoyment

Chobani is committed to helping people of all ages meet nutrition needs. Learn more about our yogurts:

Chobani® Greek Yogurt

Our authentic Greek Yogurt contains twice as much protein than regular, unstrained yogurt.* Single-serve containers of Chobani® Greek Yogurt include Fruit on the Bottom and Blended—yogurt and fruit mixed together in perfect harmony.

Chobani® Smooth Classic Yogurt

We're proud to offer a classic yogurt option for those who prefer the taste of regular, traditional yogurt. This one has 25% less sugar and twice the protein of other traditional yogurts.†

Nutrition for Healthy Aging

Chobani® Yogurt is a nutrient-intense option that provides a number of benefits for healthful aging.

- **Protein and Calcium** – Dairy is a key source of calcium and high-quality protein in the diet. Protein is essential for older adults to maintain muscle health, and eating enough calcium throughout the lifespan can help preserve bone mass to reduce the risk of osteoporosis.^{2,3}
- **Potassium** – Consuming enough potassium in the diet helps reduce the risk of high blood pressure, which is particularly important for those who are suffering from chronic conditions like heart disease.^{1,4}
- **Vitamin B12** – Vitamin B12 is vital for supporting the health of nerves, brain tissues, and red blood cells.⁶ Just one cup of Chobani® Greek Yogurt can provide up to 30% of daily needs for this nutrient.
- **Probiotics** – While the science around probiotics is developing, research suggests the good bacteria in the gut change as people age and probiotics, like those found in Chobani® Yogurt, may help support digestive health.^{7,8}
- **Low Sodium** – Eating high amounts of sodium may contribute to a variety of health concerns later in life, including risks for heart health.⁹ Naturally low-in-sodium snack options like Chobani® Yogurt can help people stay below the recommended 2,300mg of sodium a day.
- **Less Than 5% Lactose** – The straining process for Chobani® Yogurt reduces lactose to less than 5% per serving, making it a nutrient-intense choice for those who have lactose intolerance or cannot tolerate fluid milk.
- **Essential Part of the Plate** – Based on the MyPlate for Older Adults, developed by the Jean Mayer USDA Human Nutrition Research Center on Aging, dairy is a key food category in a healthy, balanced diet for the aging population.¹⁰ Chobani® Yogurt provides a variety of delicious, easy-to-consume options to help people meet their dairy needs.
- **Nutritious Swap** – While recommended amounts of important nutrients, like protein and calcium, remain the same or even increase as people get older, energy needs often decrease with age.² Replace energy-dense snack options, like muffins, with nutrient-rich yogurt, or use it as a substitute for mayo or sour cream in recipes to keep calories in check and get a boost of extra nutrients.



Convenience and Taste Meet Needs

Chobani® Yogurt comes in a variety of options that can make it easy for people of all ages to meet their dairy and nutrient needs. Factors related to aging sometimes make it difficult to consume the right amount or type of foods. In an appropriate serving size, yogurt—both classic and Greek—is a nutrient powerhouse that helps to meet nutritional needs without compromising on flavor, taste, or texture. Our products can be easily stored and consumed right from the fridge, making it a convenient choice for older adults. It also helps support a healthful diet for those with limited ability to prepare their foods. Available in a variety of delicious sweet or naturally plain flavors, there is a Chobani® Yogurt to meet every taste.

¹ Scientific Report of the 2015 Dietary Guidelines Advisory Committee. Feb 2015. <https://health.gov/dietaryguidelines/2015-scientific-report/>

² Paddon-Jones D, Campbell W, Jacques PF, Kritchevsky SB, Moore LL, Rodriguez NR, van Loon L. Protein and healthy aging. *Am J Clin Nutr*. 2015;101(6). <http://ajcn.nutrition.org/content/101/6/1339S.abstract>

³ National Institutes of Health. Handout on Health: Osteoporosis. National Institute of Arthritis and Musculoskeletal and Skin Diseases Website. https://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/osteoporosis_hoh.asp

⁴ Zhang Z, Cogswell ME, Gillespie C, et al. Association between usual sodium and potassium intake and blood pressure and hypertension among U.S. adults: NHANES 2005-2010. *PLOS ONE*. 2013;8. <http://journals.plos.org/plosone/article/authors?id=10.1371/journal.pone.0075289>

⁵ Zizza C. Contribution of snacking to older adults' vitamin, carotenoid, and mineral intakes. *J Am Diet Assoc*. 2010;110:768-772. [http://www.andjrn.org/article/S0002-8223\(10\)00110-0/abstract](http://www.andjrn.org/article/S0002-8223(10)00110-0/abstract)

⁶ National Institutes of Health. Vitamin B12. National Institutes of Health Website. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>

⁷ Saraswati S, Sitaraman R. Aging and the human gut microbiota-from correlation to causality. *Front Microbiol*. 2015;5:764. <http://journal.frontiersin.org/article/10.3389/fmicb.2014.00764/full>

⁸ Hemarajata P, Versalovic J. Effects of probiotics on gut microbiota: mechanisms of intestinal immunomodulation and neuromodulation. *Therap Adv Gastroenterol*. 2013;6:39-51. <http://journals.sagepub.com/doi/10.1177/1756283X12459294>

⁹ He FJ, MacGregor GA. A comprehensive review on salt and health and current experience of worldwide salt reduction programmes. *J Hum Hypertens*. 2009;23(6):363-84. <http://www.nature.com/jhh/journal/v23/n6/full/jhh2008144a.html>

¹⁰ Jean Mayer USDA Human Nutrition Research Center on Aging. MyPlate for Older Adults. Tufts University Website. <http://hnrc.tufts.edu/myplate/files/MPFOA2015.pdf>

*Chobani® Greek Yogurt, 12g (24% DV) protein per 5.3oz (150g) serving; regular (non-fat or low-fat) yogurt, 6g (12% DV) protein per 5.3oz (150g) serving.

*Chobani® Smooth: 14g sugar, 11g protein; other traditional yogurts: 19g sugar, 5g protein, per 5.3oz serving.