The Power of High-Quality Protein

According to the 2015–2020 Dietary Guidelines for Americans, healthy eating patterns include a variety of protein foods in nutrient-dense forms. Yogurt and Greek yogurt are high-protein food choices that provide a powerhouse of nutrients. With double the protein of regular, unstrained yogurt, Greek yogurt is a particularly good choice to help meet these recommendations. And it’s not only an excellent source of protein, it’s also one of the best-used proteins by the body.

With a power-packed protein profile that outweighs the small amount of sugar used to balance taste in the fruit varieties and blended varieties, Chobani® Yogurt is a nutritious protein choice that can help people meet dietary recommendations and achieve an overall healthier diet conveniently and easily.

- Excellent source of protein (11–15g per 5.3oz cup)
- Chobani® Smooth yogurt has twice the protein of other traditional yogurts
- No added protein—just high-quality, naturally occurring milk protein with all the essential amino acids
- Perfect PDCAAS (Protein Digestibility-Corrected Amino Acid Score) value of 1, which means it’s a high-quality protein that is well used by the body for growth and functions
- A good source of vitamin B12 and contributor of zinc
- Naturally low in sodium

Chobani® Yogurt is a High-Quality Protein

A food’s protein quality is dependent on its ability to provide adequate amounts of all essential amino acids for good health. Chobani® Yogurts contains all nine essential amino acids needed for building and maintaining muscle tissue. And they even outrank the protein quality of other go-to sources like beef and soy, based on their PDCAAS value—a measure of protein quality recognized by the public health authorities and the FDA.

Comparison of Protein Quality
Chobani® Yogurt is a Fuel for Fitness

Protein is essential for all lifestyles, but especially for active individuals. Since excess protein is not stored by the body, it must be provided throughout the day to fuel workouts and prevent muscle breakdown. With its excellent protein content, along with its versatility and portability, Chobani® Yogurt can be packed, cooked or used as a topping to supply essential fitness fuel for any time of the day!

Make Chobani® Yogurt Part of a Healthy and Active Lifestyle

**BREAKFAST:**
Pack a protein punch with Chobani® Peanut Butter Smoothie
• 17g protein

**MID-MORNING SNACK:**
Grab and go with our latest Drink Chobani® Apple Cucumber
• 14g protein

**LUNCH:**
Try our Chicken Salad Sandwich at lunch
• 59g protein

**AFTERNOON SNACK:**
Snack on delicious and satisfying Chobani “Flip”™ Almond Coco Loco™
• 12g protein

**DINNER:**
Feed the entire family with Fish Tacos with Chobani-Mango Salsa
• 24g protein

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1Chobani® Greek Yogurt, 12g (24% DV) protein per 5.3oz (150g) serving; regular (nonfat or low-fat) yogurt: 6g (12% DV) protein per 5.3oz (150g) serving.
2Chobani® Smooth: 11g (22%) protein per 5.3oz serving, other traditional yogurts: 5g (10%) protein per 5.3oz serving.
3Chobani® Greek Yogurt (Plain Non-Fat), 70mg sodium per 5.3oz (150g) serving.