

Gluten-Free Nutritiously with Chobani® Yogurt



Carbohydrates, protein, and fat are all essential macronutrients needed for healthy body functioning. But gluten-containing carbohydrates can pose a health issue for some people. For those diagnosed with celiac disease or non-celiac gluten sensitivity (NCGS), gluten—a protein found in wheat, barley, rye and some other grains—must be avoided, eliminating many foods—and potentially good nutrition—from their diet.

Chobani is on a mission to provide better food for more people, including those with medically based dietary restrictions. This resource provides information and tips for building a delicious, balanced gluten-free diet using nutrient-rich Chobani® Yogurt.

Gluten-Related Disorders Defined

- **Celiac Disease:** A diagnosed serious autoimmune condition in which eating gluten causes significant damage to the small intestine and long-term health problems. It is estimated to affect about 1 in 100 people worldwide.¹
- **Non-Celiac Gluten Sensitivity (NCGS):** A condition in which gluten ingestion causes gastrointestinal or other symptoms, but celiac disease and a wheat allergy have been ruled out through medical testing. Prevalence is unknown, but it may be higher than celiac disease.²

Yogurt: A Nutritious Package for Gluten-Free Diets

Chobani® Yogurt is a naturally gluten-free, nutrient-packed food that provides a number of benefits for those who need to avoid gluten.

- **Good Source of Calcium:** Calcium is highly important for those with celiac disease due to their increased risk of osteoporosis.³
- **Five Live & Active Cultures:** All Chobani® Yogurts are made with 5 live and active cultures, including 3 probiotics. Probiotics promote gut health and could potentially lessen the intestinal symptoms of gluten intolerance, though research is still evolving.⁴
- **Less Than 5% Lactose:** Newly diagnosed celiac disease is often accompanied by lactose intolerance, and options with less lactose may be better tolerated.⁵
- **Excellent Source of Protein:** All healthy lifestyles require protein, and Greek yogurt provides double the protein of regular,⁶ unstrained yogurt to help meet this essential need. Chobani® Smooth classic yogurt also provides double the protein of other traditional yogurts.⁷
- **Low in Sodium:** Many gluten-free products contain extra salt for flavor, but yogurt is a naturally low-sodium food, and diets low in sodium can protect heart health.⁸
- **Many Macro & Micronutrients:** Yogurt naturally provides a host of nutrients including protein, carbohydrate, potassium, B vitamins and magnesium to make a nutritious foundation for a healthful gluten-free diet.





Nearly all Chobani® products are gluten-free, with the exception of a few varieties of Chobani “Flip”™. We work closely with the Gluten-Free Certification Organization (GFCO), an independent certifying program, to verify the gluten-free status of our yogurt products—and anytime you see this icon (shown left) on our packages, you can be assured it is a certified gluten-free option.

Gluten-Free Tips & Tricks with Yogurt



Creating a nutritious gluten-free diet using Chobani® Yogurt is easy with these quick tricks and tips!

- **Top It:** Use Chobani® Non-Fat Greek Yogurt as a lighter—and more flavorful—topping for tacos, soups, and stews.
- **Mix It:** Add Chobani® Whole Milk Greek Yogurt to smoothies or gluten-free oatmeal* for a creamy protein boost.
- **Dip It:** Pair cinnamon-sprinkled apple slices with Chobani® Smooth classic yogurt for a better snack or dessert dip.



¹ Celiac Disease. World Gastroenterology Organization Website. <http://www.worldgastroenterology.org/guidelines/global-guidelines/ceciac-disease/ceciac-disease-english#Ref013>. July 2016. Accessed January 12, 2017.

² Catassi et al. Non-celiac gluten sensitivity: the new frontier of gluten related disorders. *Nutrients*. Oct 2013; 5(10): 3839–3853.

³ What People with Celiac Disease Need to Know About Osteoporosis. NIH Osteoporosis and Related Bone Diseases National Resource Center. https://www.niams.nih.gov/health_info/bone/osteoporosis/conditions_behaviors/ceciac.asp. April 2016. Accessed January 12, 2017.

⁴ De Sousa Moraes LF, Grzeskowiak LM, de Sales Teixeira TF, Oeluzio MCG. Intestinal microbiota and probiotics in celiac disease. *Clin Microbiol Rev*. July 2014; 27(3): 482–489.

⁵ Lactose Intolerance. Celiac UK Website. <https://www.coeliac.org.uk/coeliac-disease/associated-conditions-and-complications/lactose-intolerance/>. Accessed January 12, 2017.

⁶ 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.

⁷ Chobani® Smooth: 11g (22%) protein per 5.3oz serving, other traditional yogurts: 5g (10%) protein per 5.3oz serving.

⁸ Sodium and Your Health. American Heart Association. https://sodiumbreakup.heart.org/sodium_and_your_health. Accessed January 17, 2017.

*While oats do not contain gluten, they are often grown and transported with other gluten-containing grains and thus subject to contamination. Oats that are labeled “gluten-free,” however, are safe for those with gluten intolerance.