YOGURT AND WEIGHT MANAGEMENT

Findings from recent observational and epidemiological studies suggest that yogurt could play a valuable role in weight management.

Here are 3 facts you should know about yogurt and weight management, according to observational and epidemiological data presented at the 1st Global Summit on the Health Effects of Yogurt in Boston, USA(1).

1. INCREASED CONSUMPTION OF DAIRY PRODUCTS IS BENEFICIAL WHEN DIETING

A meta-analysis of randomized controlled trials of subjects who were energy-restricted for weight loss supports the evidence that people who were energy-restricted and ate around 3 dairy servings daily lost around 1.5 kg more weight than dieters who simply cut calories and skipped the snack(2).

Here are 3 facts you should know about yogurt and weight management, according to observational and epidemiological data presented at the 1st Global Summit on the Health Effects of Yogurt in Boston, USA(1).

- 3 yogurts a day 30% more weight loss
- 60% greater reduction in body fat
- 15% less lean mass

When overweight people on a calorie-controlled diet included yogurt in their diet, they lost more weight and retained more lean mass than those who ate a maximum of one daily serving of dairy(2, 3).

2. YOGURT CONSUMPTION IS ASSOCIATED WITH MORE FAVOURABLE BODY COMPOSITION IN OBESITY DURING A CALORIE-CONTROLLED DIET

In a prospective study on 120,877 US healthy and non-obese women and men, consumption of low-fat yogurt was associated with a decrease in weight gain, based on an analysis of relationship between changes in food and beverage consumption and weight changes every 4 years(4).

Recent studies (following a cohort of adults since 1991) indicate that people who ate 3 servings a week of yogurt gained 50% less weight and a 15% less waistline circumference compared with those who had no yogurt in their diet. Although this does not prove that yogurt directly caused these improvements, it does suggest a link between yogurt and fat deposition around the waistline in addition to slowing weight gain over time(1, 5, 6, 7).

3. YOGURT CONSUMPTION MAY REDUCE LONG-TERM WEIGHT GAIN

In a prospective study on 120,877 US healthy and non-obese women and men, consumption of low-fat yogurt was associated with a decrease in weight gain, based on an analysis of relationship between changes in food and beverage consumption and weight changes every 4 years(4).

Recent studies (following a cohort of adults since 1991) indicate that people who ate 3 servings a week of yogurt gained 50% less weight and a 15% less waistline circumference compared with those who had no yogurt in their diet. Although this does not prove that yogurt directly caused these improvements, it does suggest a link between yogurt and fat deposition around the waistline in addition to slowing weight gain over time(1, 5, 6, 7).

For more information about yogurt, visit www.yogurtinnutrition.com

Sources:
1. The First Global Summit on the Health Effects of Yogurt 2013, Experimental Biology meeting in Boston, USA, on 24 April 2013.