

# YOGURT CONSUMPTION AND RISK OF TYPE 2 DIABETES

Recent research found that eating yogurt is associated with a lower risk of developing type 2 diabetes  
This infographic unveils the facts behind the yogurt effect

## 1 YOGURT CONSUMPTION & LOWER TYPE 2 DIABETES RISK



Longitudinal studies suggest a possible role for dairy foods, particularly yogurt in the prevention of T2D <sup>(1,2,3)</sup>

The beneficial effect of yogurt seems to be independent of the fat content, and cannot be explained only by its possible effects on body fat <sup>(4)</sup>

## 2 INVERSE CORRELATION BETWEEN YOGURT INTAKE & TYPE 2 DIABETES RISK

4.5 SERVINGS / WEEK



28%

LOWER RISK OF TYPE 2 DIABETES



A study of 4,000 British adults, over 11 years, showed a strong inverse correlation between T2D and yogurt consumption, compared to non-yogurt consumers <sup>(5)</sup>

## 3 A SPECIFIC EFFECT OF YOGURT

3 SERVINGS / WEEK



17% LOWER RISK OF TYPE 2 DIABETES



A meta-analysis, including 194,519 US Health Care Professionals, confirmed the specific effect of yogurt on reducing T2D risk <sup>(6)</sup>

## 4 A GREATER BENEFIT FOR ELDERLY AT HIGH CARDIOVASCULAR RISK

1/DAY



40%

LOWER RISK OF TYPE 2 DIABETES



A study among Spanish elderly at CVD risk, monitored over 4 years, showed that yogurt consumption was associated with a lower T2D risk

## 5 HEALTHY SWAPS WITH YOGURT

SWAP



↓ 45%

LOWER RISK OF TYPE 2 DIABETES

SWAP



↓ 40%



Replacing less healthy snacks with a yogurt, reduced the risk of T2D in Spanish <sup>(7)</sup> and British cohorts <sup>(5)</sup>



YOGURT  
IN  
NUTRITION

INITIATIVE FOR A BALANCED DIET



@YogurtNutrition  
#yogurt2016

▶ Learn more about yogurt at [www.yogurtinnutrition.com](http://www.yogurtinnutrition.com)

### References

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