



YOGURT IN NUTRITION

INITIATIVE FOR A BALANCED DIET



A UNIQUE PARTNERSHIP...

Yogurt in nutrition: Initiative for a balanced diet is a multi-year scientific collaboration between the **American Society for Nutrition**, the **International Osteoporosis Foundation** and the **Danone Institute International**.



... TO DEVELOP AND SHARE SCIENTIFIC KNOWLEDGE ON YOGURT

The project aims to **advance scientific knowledge on the health benefits of yogurt and to disseminate the findings broadly**. The mission of the project is to:

- reveal scientific data related to yogurt
- stimulate new research
- identify gaps in our understanding of the health effects of this food category
- share this information with professionals and the public.

WHAT THE EXPERTS SAY ?

Yogurt can be tied to major health benefits and by increasing its consumption we have an opportunity to dramatically improve healthcare at a remarkably low cost

David McCarron, MD, PhD (University of California, USA)

Yogurt is a very good food in terms of bringing a lot of nutrients and a high level of proteins, and is clearly satiating. It should be considered a very good snack(...)

André Marette, PhD (Laval University, Canada)

Fermented dairy products, such as yogurt and cheese, seem to have a protective effect on the heart

Arne Astrup, PhD (University of Copenhagen, Denmark)

There are several recommendations, which are relatively different from one scientific society to the other, but all together, we can say that we need at least one gram of calcium-element a day, and the best would be to take it within meals, and in terms of proteins, the recommended daily allowance is officially 0.8 gram per kilogram of body weight, but many societies are increasing the recommendations to at least 1.0 g/kg body weight.

René Rizzoli, MD, PhD (University Hospital of Geneva, Switzerland)

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THE PARTNERSHIP IN PRACTICE

• AN ANNUAL EVENT



The first Global Summit on the Health Effects of Yogurt was organized during the Experimental Biology congress 2013, in Boston, gathering more than 200 attendees and 20 speakers. Video presentations are available online on the ASN and the Danone Institute International websites.

The second Global Summit on the Health Effects of Yogurt will be held during the Experimental Biology Congress 2014, in San Diego (USA), on April 30th.

• A RECOGNIZED PUBLICATION

A « **Health benefits of Yogurt** » **Special Edition of the American Journal of Clinical Nutrition**, one of the top 100 most influential journal in biology and medicine of the last 100 years, in under the process of publication..



• A DEDICATED WEBSITE

The yogurtinnutrition.com website compiles :

- Selected and updated scientific news (through scoop.it)
- Expert interviews and presentations
- Practical sheets for health-care professionals and patients
- Infographics
- A dedicated press corner
- News and upcoming events

www.yogurtinnutrition.com



- You can also follow the news on Twitter and LinkedIn



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• A RESEARCH SUPPORT PRIZE

The Yogurt in Nutrition initiative will support research projects in the field of human nutrition, biotechnologies, microbiology, food technologies, testing hypothesis related to the health benefits of yogurt. The first call for applications will begin in April 2014, during the second Global Summit on the Health Benefits on Yogurt.

