

# 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 **1<sup>st</sup> Global Summit on the Health Effects of Yogurt in Boston, USA**<sup>(1)</sup>.

## 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<sup>(2)</sup>.



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



3 yogurts a day



30% more weight loss



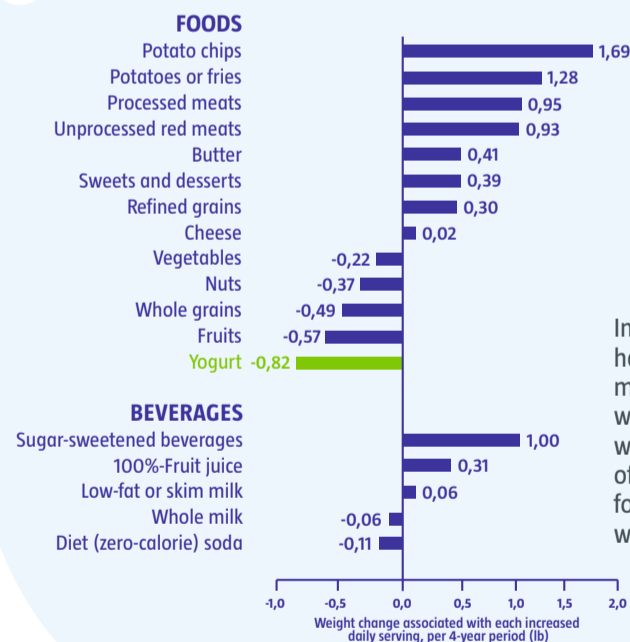
60% greater reduction in body fat



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<sup>(2,3)</sup>.

## 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<sup>(4)</sup>.

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<sup>(1, 5, 6, 7)</sup>.



3 yogurts a week



50% less weight gain



15% less waistline circumference expansion