

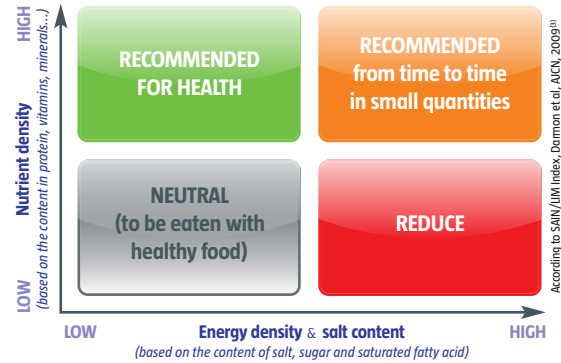
LET'S TALK ABOUT HEALTHY SNACKING

Many of your patients are used to snacking on a regular basis, how can you help them to build good food habits and integrate "healthy snacks" in their everyday routine?



NUTRIENT VERSUS ENERGY DENSITY (1, 2, 3)

- **Nutrient density** describes the ratio of nutrients (in grams) to energy content (in joules or calories) of any particular food.
- **Energy density** describes the amount of calories per gram of food. Its use helps consumers evaluate the energy provided by snacks through a given mass/volume ratio.
- Food products can be classified into specific categories based on their nutrient and energy density. Calculation varies according to country: Nutrient Rich Foods (NRF) Index in USA or the SAIN/LIM Index in France for example.



HOW TO HELP YOUR PATIENTS TO EAT HEALTHY SNACKS?

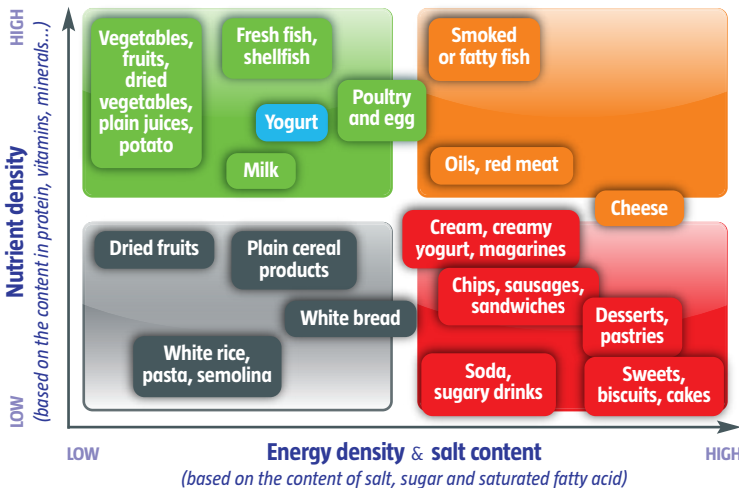
Snacking is not always considered to be bad for health and the key to healthy snacking is based on the nutrient density and eating habits.

- Good eating habits should incorporate eating only when hungry (not only for pleasure or in response to stress or boredom, for example). The portion size of snacks is important too.
- An "ideal" healthy snack should have a high nutrient density. In contrast, an unhealthy snack has a low nutrient content relative to its energy content (also qualified as rich in "empty calories").



RELEVANCE OF YOGURT IN SNACKING

- Yogurt is in the "recommended for health" zone.⁽³⁾
- Yogurt and milk are among the most nutrient dense group of foods (behind the fruits and vegetables), according the NRF Index (Nutrient Rich Foods index, ranking foods on their nutritional content, validated in the USA).^(2, 7, 8)
- Yogurt is a good source of protein, calcium and phosphorus, and also contains zinc and vitamin B2, B12, B5, B9 and A. The bioavailability of these nutrients in yogurt is also generally good.⁽⁴⁾
- The proteins in yogurt contain all 9 essential amino acids and are of a higher quality than proteins from plant sources.⁽⁵⁾
- Intake of dairy products, such as yogurt, is associated with improved bone health, reduced risk of cardiovascular diseases, type 2 diabetes, lower blood pressure and lower fasting blood glucose levels.^(6, 9, 10, 11, 12)



Yogurt is a nutrient-dense, tasty, handy and easily digested product to help people reach their daily dairy intake without excess calories.

Sources

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