

# YOGURT: A DAILY PARTNER FOR HEALTH

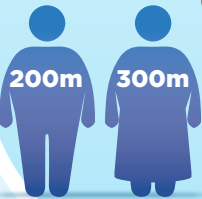
FACTS TO KNOW

Recent observational studies presented at III World Congress of Public Health Nutrition reported that yogurt consumption has positive effects on obesity, type 2 diabetes and cardiovascular diseases (CVD)

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## OBESITY <sup>1</sup>

Obese adults



In 2008

Obese children (<5 yo)



In 2012

## TYPE 2 DIABETES <sup>2</sup>

People with diabetes

347m

WHO projects that diabetes will be the **7th leading cause of death** in 2030



## CVD <sup>3</sup>

People annually dying from CVD > 23m

A **healthy diet** is key in preventing CVD



### Reduced risk of obesity

7 servings of yogurt per week (**one per day**) reduced the risk of becoming obese <sup>4</sup>

12%

### Less weight gain

People who eat ≥3 servings of yogurt per week **gain less weight** <sup>5\*</sup>

50%

### Smaller waistline circumference

People who eat ≥3 servings of yogurt per week have a **smaller waistline circumference** <sup>5\*</sup>

20%

### Reduced risk of diabetes

4.5 servings of yogurt per week reduced the **risk of developing type 2 diabetes** <sup>6</sup>

28%

### Reduced risk of CVD

Adolescent girls who consumed a median of 88.3g/day of milk and 14g/day of yogurt, milk – and yogurt – based drinks had a **lower overall CVD risk** <sup>7\*</sup>

\* compared with non-consumers

Regular consumption of dairy products has a positive impact on public health. Therefore most European dietary guidelines recommend <sup>8</sup> 2-3 servings of dairy every day. **IT IS IMPORTANT TO MAKE YOGURT ONE OF THEM !**

## Yogurt is a concentrated source of nutrients that contributes to health

Proteins, calcium, bioactive peptides, amino acids and fatty acids are suggested to facilitate loss of weight and fat mass <sup>5</sup>

Probiotic bacteria interact positively with the gut microbiota <sup>5</sup>

A recent review suggests that yogurt may be more satiating than other foods <sup>9</sup>

**YOGURT**  
IN  
**NUTRITION**

INITIATIVE FOR A BALANCED DIET  
[www.yogurtinnutrition.com](http://www.yogurtinnutrition.com)

  @YogurtNutrition

**References:** 1. World Health Organisation (WHO), Fact sheet No 311, updated August 2014 2. World Health Organisation (WHO), Fact sheet No 312, reviewed October 2013 3. World Health Organisation (WHO), Fact sheet No 317, updated March 2013 4. Martinez-Gonzalez MA, Sayon-Orea C, Ruiz-Canela M, et al. Yogurt consumption, weight change and risk of overweight/ obesity: The SUN cohort study. *Nutr Metab Cardiovasc Dis* 2014 Jun 15. pii: S0939-4753(14)00197-5. doi: 10.1016/j.numecd.2014.05.015. [Epub ahead of print] 5. Wang H, Troy LM, Rogers GT, et al. Longitudinal association between dairy consumption and changes of body weight and waist circumference: the Framingham Heart Study. *Int J Obes (Lond)* 2014;38(2):299-305. 6. O'Connor LM, Lentjes MA, Luben RN, et al. Dietary dairy product intake and incident type 2 diabetes: a prospective study using dietary data from a 7-day food diary. *Diabetologia* 2014;57(5):909-17. 7. Bel-Serrat S, Mouratidou T, Jiménez-Pavón D, et al. Is dairy consumption associated with low cardiovascular disease risk in European adolescents? Results from the HELENA Study. *Pediatr Obes* 2014;9(5):401-410. 8. EFUIC Review 10/2009 9. Jacques PF, Wang H. Yogurt and weight management. *Am J Clin Nutr* 2014 May;99(5 Suppl):1229S-34S.