

Symposium:
Initiative for a Balanced Diet: Yoghurt Effects On Health
XXX National Nutrition Schools Congress (AMMFEN)
May 5, 2015. Cancun, Mexico

8:10hs	<p>Introduction and Welcome Armando Tovar, PhD. Instituto Danone Mexico, president.</p>
8:10 – 10:00hs	<p>Gut Human Microbiota</p> <p>1) <i>Gut Human Microbiota: Yoghurt Effects</i> Speaker: Francisco Guarner, PhD (Spain) (45´)</p> <p>2) <i>Functional Food Effect over Gut Microbiota on Metabolic Syndrome patients.</i> Speaker Nimbe Torres y Torres, PhD (Mexico) (45´)</p>
9:40 – 10:00hs	<p>Q&A Session Moderator: Dr. Armando Tovar</p>
10:00 – 10:30hs	<p>B R E A K</p>
10:30 – 13:50hs	<p>Yoghurt and Health Effects</p> <p>1) <i>Yoghurt consumption, weight changes and overweight/obesity risk; SUN cohort study.</i> Speaker: Carmen Sayón, PhD (Spain) (45´)</p> <p>2) <i>Effect of probiotics and prebiotics on the metabolic syndrome: from the lab to the clinic.</i> Speaker: André Marette, PhD (Canada) (45´)</p> <p>3) <i>Lipids as part of the Diet: Evidence and Recommendations.</i> Speaker: Carlos Aguilar Salinas, PhD (Mexico) (45´)</p> <p>4) <i>Palmitoleic acid found in dairy and its beneficial effects on metabolism.</i> Speaker: María Eugenia Frigolet, PhD (Mexico) (45´)</p>
13:30 – 13:50hs	<p>Q&A Session Moderator: Dr. Armando Tovar</p>
13:50 – 14:00hs	<p>Closure. Armando Tovar, PhD</p>

YOGURT: A DAILY PARTNER FOR HEALTH

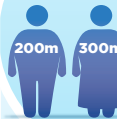
FACTS
TO KNOW

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)

NOV. 2014

OBESITY ¹

Obese adults



In 2008

Obese children (<5 yo)



In 2012

Reduced risk of obesity

7 servings of yogurt per week (one per day) reduced the risk of becoming obese ⁴

12%

Less weight gain

People who eat ≥ 3 servings of yogurt per week gain less weight ⁵

50%

Smaller waistline circumference

People who eat ≥ 3 servings of yogurt per week have a smaller waistline circumference ⁵

20%

TYPE 2 DIABETES ²

People with diabetes

347m

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



Reduced risk of diabetes

4.5 servings of yogurt per week reduced the risk of developing type 2 diabetes ⁶

28%

CVD ³

People annually dying from CVD

> 23m

A healthy diet is key in preventing CVD



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 ⁷

* compared with non-consumers

Regular consumption of dairy products has a positive impact on public health. Therefore most European dietary guidelines recommend ⁸ 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 ⁹

Probiotic bacteria interact positively with the gut microbiota ⁵

A recent review suggests that yogurt may be more satiating than other foods ⁹

YOGURT
IN
NUTRITION

INITIATIVE FOR A BALANCED DIET

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: S0959-4753(14)00197-5, doi: 10.1016/j.numecd.2014.05.015. [Epub ahead of print]. 5. Wang H, Troy LM, Rogers GJ, 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, Lantieri MA, Luben RN, et al. Dairy dairy product intake and incident type 2 diabetes: a prospective study using dietary data from a 7-day food diary. *Diabetologia* 2014;57(9):909-17. 7. Bel-Serrat S, Mouradkou T, Jimenez-Pavon 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. EFUC Review 10/2009 9. Jacques PF, Wang H. Yogurt and weight management. *Am J Clin Nutr* 2014 May;99(5 Suppl):1295S-34S.