

# YOGURT

One Bite of a Healthy Diet



## Healthy Diet Choices

Many countries now face a “double burden” of under and over-nutrition with many people not eating the types of food necessary to meet optimal nutrient needs



Fruits



Vegetables



Whole Grains



Low-Fat Dairy



Lean Meats

Nutrient-rich foods are important to gain valuable nutrients like Vitamin D, Calcium, Potassium, and Dietary Fiber which are currently missing in our diets

Yogurt comes out on top with today’s methods of nutritional scoring. The Nutrient Rich Foods (NRF) Index scores milk, and particularly yogurt, highest for being a low-cost source of protein and calcium

Table 1: Median Nutrient Rich Foods (NRF 9.3) Index Values (calculated per 100 kcal and per serving by selected food subgroups)

### NRF 9.3/SERVING

MILK	52.7
YOGURT	36.7
CHEESE	8.1
MILK DESSERTS	-13.6
CHICKEN	39
BEANS, NUTS & SEEDS	44.7
WHITE BREAD	17.5
CAKES, COOKIES, & PIES	-18.5

Table 2: Median and mean estimated cost in dollars of 100% daily value of selected nutrients (based on USDA food groups and Center for Nutrition Policy and Promotion food price databases)

### PROTEIN CALCIUM

MILK & MILK PRODUCTS	2.19 (2.83)	1.53 (2.12)
MEAT, POULTRY FISH	1.87 (2.05)	36.5 (51.4)
EGGS	0.99 (1.98)	7.15 (9.96)
DRY BEANS, LEGUMES, NUTS, SEEDS	1.47 (1.98)	7.15 (9.96)
VEGETABLES	6.77 (9.61)	10.4 (27.7)

## Worldwide, We’re Missing Dairy

In Europe, (Italy, Spain, France, Portugal, Bulgaria) U.S. and Japan, calcium intakes are below daily recommendations both in men and women over 50 years old



**FOUR** out of 10 Americans 2 years and older do not meet current calcium recommendations

Around the world **40% - 60%** of women have calcium deficient intakes

In the UK, **ONE** third of children fail to meet target guidelines for dairy consumption

The World Health Organization and a range of food-based dietary guidelines in Europe recommend consuming low-fat and fat-free dairy products like milk and yogurt as part of a healthy diet

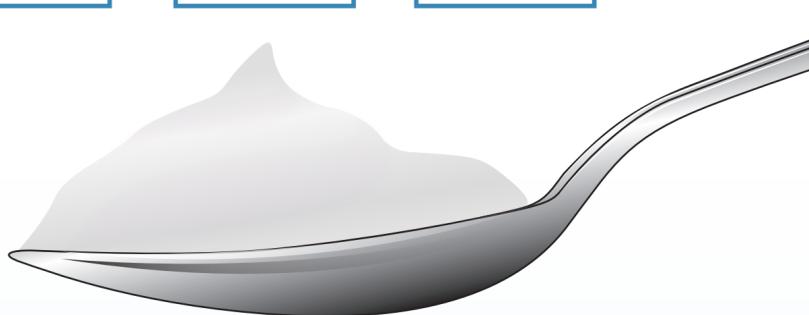
## Yogurt Is an Ideal Source of Calcium and other Nutrients

Yogurt provides bacteria good for your health and is an excellent source of protein and essential nutrients

**Mg**  
Magnesium

**Ca**  
Calcium

**K**  
Potassium



In the French and German adult population, an average of 35-40% of total calcium intake comes from dairy food and drinks

New studies have shown that yogurt consumption is associated with better diet quality. That is, people who eat yogurt have healthier diets overall and higher intakes of essential nutrients

For those who are lactose intolerant, yogurt offers a nutrient-dense, more easily digestible alternative to milk

Intake of dairy and dairy products is associated with: improved bone health especially in children and adolescents, reduced risk of cardiovascular disease, type 2 diabetes, and lower blood pressure in adults

Yogurt consumption may be linked with smaller gains in weight and waist circumference over time



## Brought to you by:

The Yogurt in Nutrition Initiative for a balanced diet, a collaboration between the American Society for Nutrition, Danone Institute International, and The Nutrition Society to define what we know about the health effects of yogurt and identify areas for future research.

International nutrition experts gathered at the First Global Summit on the Health Effects of Yogurt in Boston on April 24, 2013 to present the current state of the science on the health effects of yogurt and identify research gaps that need to be addressed within the scientific community.

For more information please visit [www.nutrition.org/yogurt](http://www.nutrition.org/yogurt)