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. In the UK, ONE third of children fail to meet target guidelines for dairy consumption. 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. Nutrient-rich foods are important to gain valuable nutrients like Vitamin D, Calcium, Potassium, and Dietary Fiber which are currently missing in our diets.

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.

**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.
- It is 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.
- 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.

**Worldwide: We’re Missing Dairy**

In Europe, 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. Around the world, women have calcium deficient intakes. 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. 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.