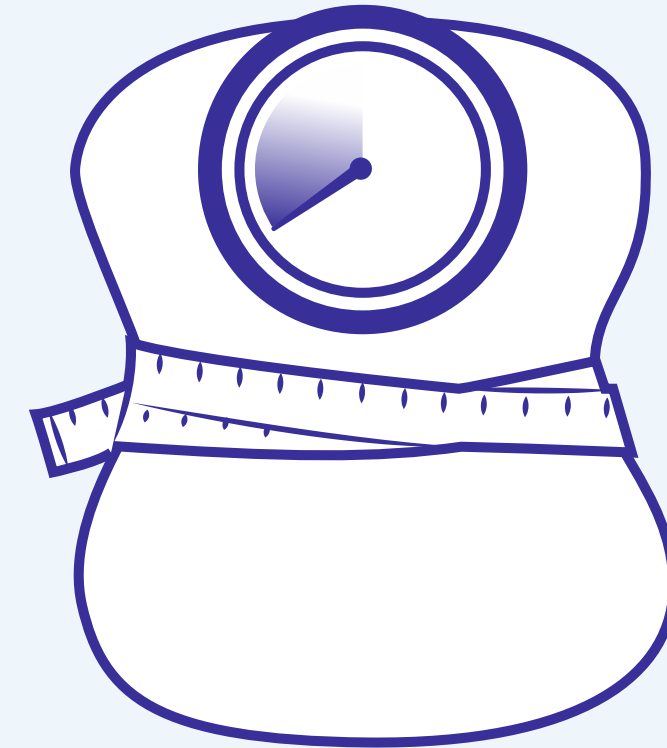




Regular yogurt  
consumption

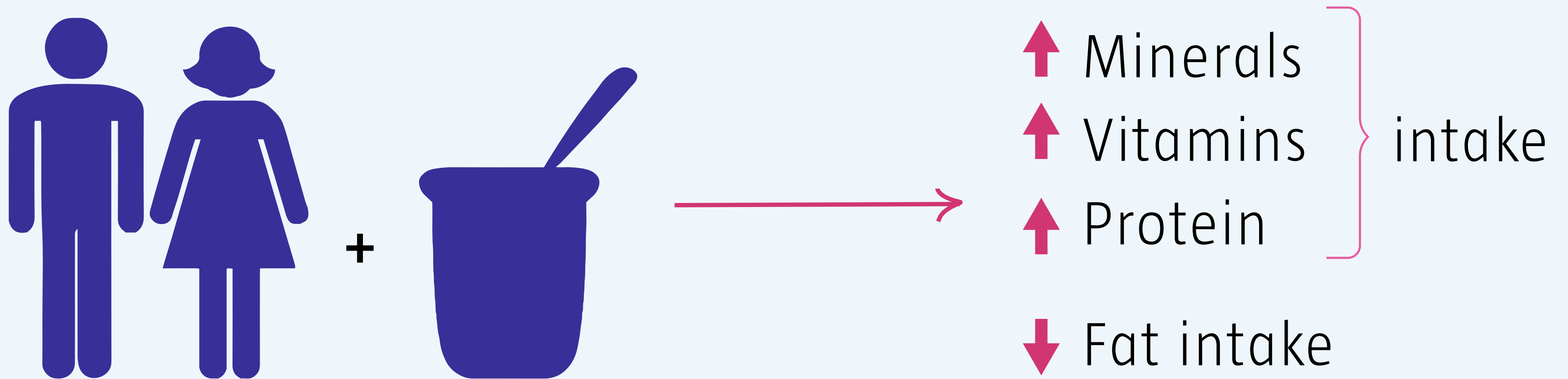


Less weight gain  
& better BMI

Regular yogurt consumption is associated with less weight gain over time, which results in a better BMI

Sources : Mozaffarian D, *et al.* N Engl J Med 2011; 364(25):2392-404.  
Eales J, *et al.* Int J Obes (Lond). In press.

[www.yogurtinnutrition.com](http://www.yogurtinnutrition.com)  
[@yogurtnutrition](https://twitter.com/yogurtnutrition)



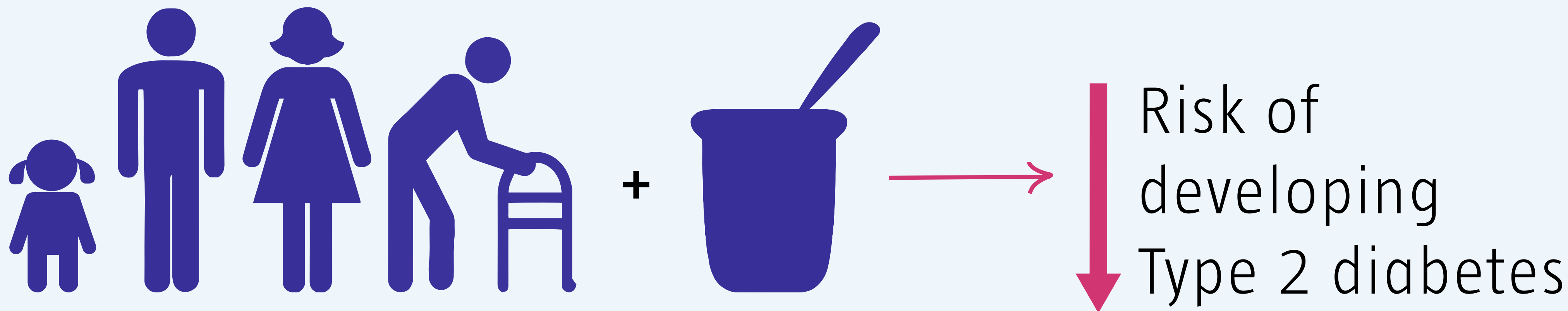
Yogurt consumers have a greater intake in key nutrients, such as minerals (calcium, potassium, magnesium, zinc), vitamins (vitamin B2, B12, D) and protein, as well as a lower intake of total and saturated fat, compared to non-consumers

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Sources: Keast DR, *et al.* Nutrients 2015; 7(3):1577-93.

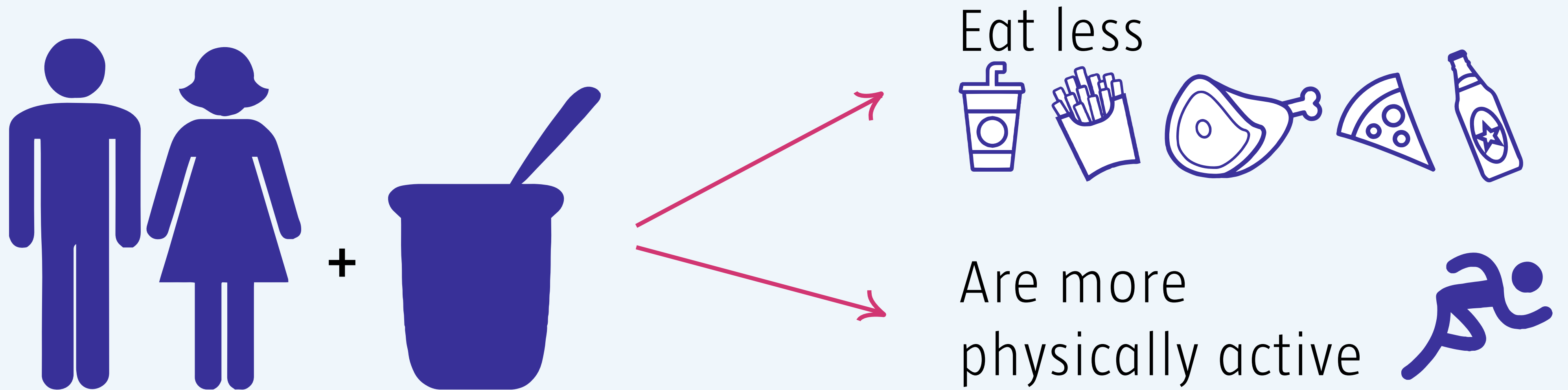
Wang H, *et al.* Nutr res 2013; 33(1):18-26.



Frequent yogurt intake is associated with a lower risk of developing type 2 diabetes in young, middle-aged as well as elderly individuals

Sources: Chen M *et al.* BMC Med 2014; 12:215.  
Díaz-López A *et al.* Eur J Nutr 2015 Feb 7.

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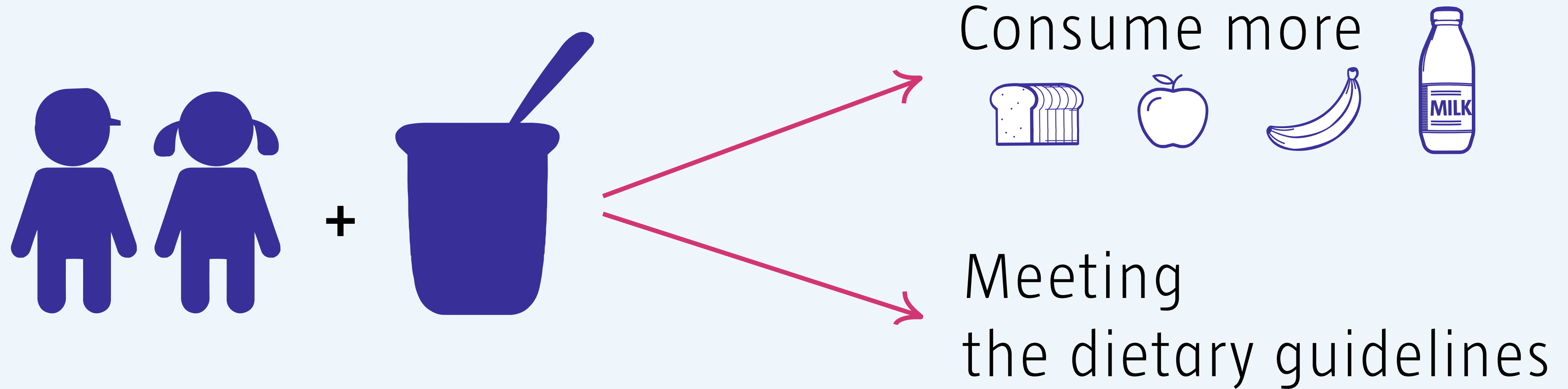
Yogurt consumers tend to eat less fast food, French fries and fried foods, processed and red meats, pizza, snack, regular soft drinks or alcohol, and are more physically active

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Sources: Cormier H *et al.* Eur J Nutr 2015 Mar 15.

D'Addezio L, *et al.* Med J Nutrition Meta 2015; 8(2):119-29.



Among US children, frequent yogurt consumers consume more fruit, whole grains, and milk, indicating a better compliance to the dietary guidelines

Source: Zhu Y, *et al.* Eur J Nutr 2015; 54(4):543-50.

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