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

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.

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

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.

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