

YOGURT CONSUMPTION IS AN INDICATOR OF A HEALTHY DIET AND LIFESTYLE

Yogurt is commonly viewed as a healthy food and is part of the diet of many people worldwide. Did you know that yogurt consumption is an indicator of an overall healthy diet and lifestyle?

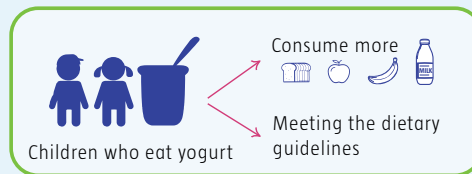
Latest research findings, highlighted in a recent scientific conference*, reveal main differences between yogurt consumers and non- or low-consumers in terms of:

HEALTHIER EATING PATTERN

Greater intake in key nutrients^{1,2}



Better diet quality^{2,3}

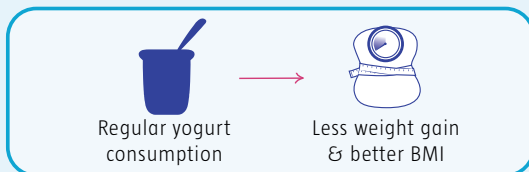


Healthier eating habits⁴

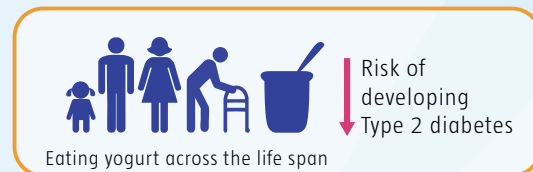


Based on observational cohort studies, conducted in North & South America and in Europe

BENEFICIAL ASSOCIATION BETWEEN YOGURT CONSUMPTION, WEIGHT GAIN OVER TIME^{5,6} AND RISK OF DEVELOPING DIABETES^{7,8}

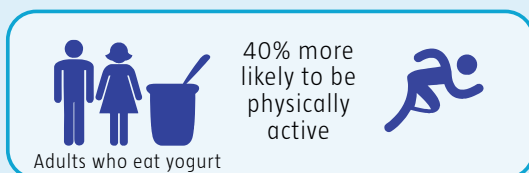


Based on a review of cohort studies including more than 14,000 participants

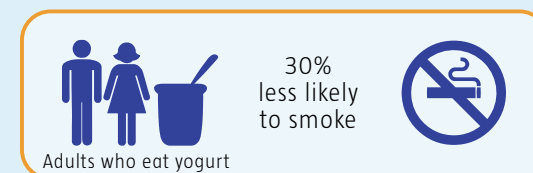


Based on cohort studies including young, middle-aged and elderly Americans and Spanish

HEALTHIER LIFESTYLE^{9,10}



Based on studies conducted in Italy and Brazil



Regular yogurt consumption is linked to a better diet quality, better weight management, a lower risk of developing diabetes, and a more active lifestyle, suggesting that it may provide many nutritional and health benefits.

This is why experts suggest that yogurt consumption can be viewed today as a signature of a healthy diet and lifestyle.

¹ Keast DR, *et al.* Nutrients 2015; 7(3):1577-93; ² Wang H, *et al.* Nutr Res 2013; 33(1):18-26; ³ Zhu Y, *et al.* Eur J Nutr 2015; 54(4):543-50; ⁴ Cormier H, *et al.* Eur J Nutr 2015 Mar 15; ⁵ Mozaffarian D, *et al.* N Engl J Med 2011; 364(25):2392-404; ⁶ Eales J, *et al.* Int J Obes (Lond). In press.; ⁷ Chen M, *et al.* BMC Med 2014; 12:215; ⁸ Díaz-López A, *et al.* Eur J Nutr 2015 Feb 7; ⁹ D'Addezio L, *et al.* Med J Nutrition Meta 2015; 8(2):119-29; ¹⁰ Possa G, *et al.* Nutr Res 2015; 35(8):700-6.

* "Yogurt consumption benefits: global findings & perspectives" held during the 12th FENS European Nutrition Conference, October 2015

www.yogurtinnutrition.com

@yogurtnutrition



INITIATIVE FOR A BALANCED DIET