HEALTHIER EATING PATTERN

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.

BENEFICIAL ASSOCIATION BETWEEN YOGURT CONSUMPTION, WEIGHT GAIN OVER TIME AND RISK OF DEVELOPING DIABETES

HEALTHIER LIFESTYLE

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.