

# 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<sup>1,2</sup>**




Adults who eat yogurt

- ↑ Minerals
- ↑ Vitamins
- ↑ Protein

intake

- ↓ Fat intake

**Better diet quality<sup>2,3</sup>**



Children who eat yogurt

- Consume more
- Meeting the dietary guidelines

**Healthier eating habits<sup>4</sup>**




Adults who eat yogurt

Eat less




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

## BENEFICIAL ASSOCIATION BETWEEN YOGURT CONSUMPTION, WEIGHT GAIN OVER TIME<sup>5,6</sup> AND RISK OF DEVELOPING DIABETES<sup>7,8</sup>




Regular yogurt consumption

→



Less weight gain & better BMI

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




Eating yogurt across the life span

↓ Risk of developing Type 2 diabetes


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

## HEALTHIER LIFESTYLE<sup>9,10</sup>



Adults who eat yogurt

40% more likely to be physically active




Based on studies conducted in Italy and Brazil



Adults who eat yogurt

30% less likely to smoke



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.**

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

@yogurtnutrition



INITIATIVE FOR A BALANCED DIET