YOGURT CONSUMPTION AND RISK OF TYPE 2 DIABETES
Recent research found that eating yogurt is associated with a lower risk of developing type 2 diabetes. This infographic unveils the facts behind the yogurt effect.

1. **YOGURT CONSUMPTION & LOWER TYPE 2 DIABETES RISK**

   Longitudinal studies suggest a possible role for dairy foods, particularly yogurt in the prevention of T2D (1,2,3). The beneficial effect of yogurt seems to be independent of the fat content, and cannot be explained only by its possible effects on body fat (4).

2. **INVERSE CORRELATION BETWEEN YOGURT INTAKE & TYPE 2 DIABETES RISK**

   A study of 4,000 British adults, over 11 years, showed a strong inverse correlation between T2D and yogurt consumption, compared to non-yogurt consumers (5).

   - **4.5 SERVINGS / WEEK**
   - **28% LOWER RISK OF TYPE 2 DIABETES**

3. **A SPECIFIC EFFECT OF YOGURT**

   - **3 SERVINGS / WEEK**
   - **17% LOWER RISK OF TYPE 2 DIABETES**

   A meta-analysis, including 194,519 US Health Care Professionals, confirmed the specific effect of yogurt on reducing T2D risk (6).

4. **A GREATER BENEFIT FOR ELDERLY AT HIGH CARDIOVASCULAR RISK**

   - **1/DAY**
   - **40% LOWER RISK OF TYPE 2 DIABETES**

   A study among Spanish elderly at CVD risk, monitored over 4 years, showed that yogurt consumption was associated with a lower T2D risk.

5. **HEALTHY SWAPS WITH YOGURT**

   - **SWAP**
   - **45% LOWER RISK OF TYPE 2 DIABETES**

   - **SWAP**
   - **40%**

   Replacing less healthy snacks with a yogurt, reduced the risk of T2D in Spanish (7) and British cohorts (8).

Learn more about yogurt at [www.yogurtinnutrition.com](http://www.yogurtinnutrition.com)

References: