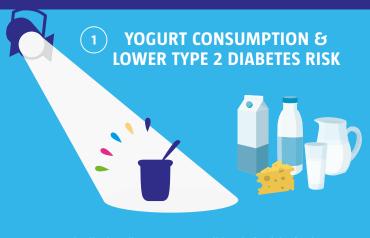
YOGURT CONSUMPTION AND RISK OF TYPE 2 DIABETES

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



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)

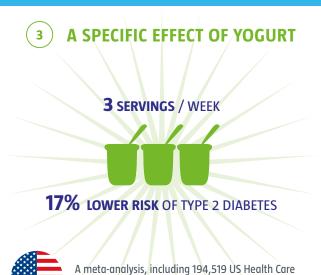
INVERSE CORRELATION BETWEEN YOGURT INTAKE & TYPE 2 DIABETES RISK



28% **LOWER RISK** OF TYPE 2 DIABETES

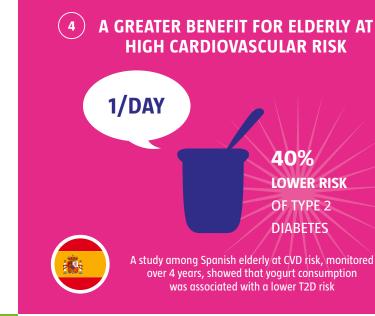


A study of 4.000 British adults, over 11 years, showed a strong inverse correlation between T2D and yogurt consumption, compared to non-yogurt consumers (5)





Professionals, confirmed the specific effect











45%

LOWER RISK OF TYPE 2 DIABETES 40%



Replacing less healthy snacks with a yogurt, reduced the risk of T2D in Spanish (7) and British cohorts (5)



@YogurtNutrition #yogurt2016

INITIATIVE FOR A BALANCED DIET

Learn more about yogurt at www.yogurtinnutrition.com

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