

HEALTHY SWAPS WITH YOGURT FOR A TRIPLE WIN:

SAVE CALORIES, GET MORE NUTRIENTS & ENJOY BIGGER PORTIONS!*

With its high nutrient density, yogurt can be a nutritious and potentially satisfying snack for people of all ages and at all activity levels. So make the swap to yogurt for a triple win!

SAVE CALORIES WITH YOGURT



1 mousse-style dessert with strawberry flavor

CAL: 360 kJ / 86 kcal
PORTION: 60 g

1 strawberry yogurt

CAL: 297 kJ / 71 kcal
PORTION: 120 g

-63 kJ / -15 kcal



1 ice-cream bar

CAL: 1109 kJ / 265 kcal
PORTION: 79 g

1 full-fat natural yogurt

CAL: 753 kJ / 180 kcal
PORTION: 225 g

-356 kJ / -85 kcal



1 tbsp. of ranch dressing

CAL: 540 kJ / 129 kcal
PORTION: 30 g

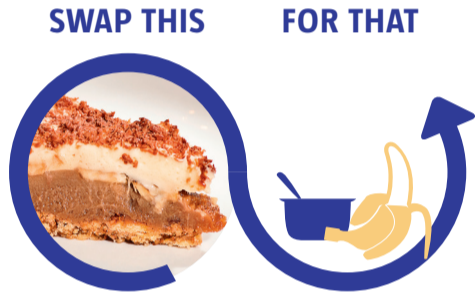
2 tbsps. of low-fat yogurt dressing with black pepper and fresh herbs

CAL: 192 kJ / 46 kcal
PORTION: 80 g

-347 kJ / -83 kcal

If you're looking for a way to **reduce calories** in your diet, yogurt is a **healthy swap** for snacks, desserts, and salad dressings. With similar **texture, consistency and flavor**, it's a swap that you won't regret!

YOGURT TO GET MORE NUTRIENTS



1 slice of banoffee pie

CAL: 1602 kJ / 383 kcal
PORTION: 120 g

1 banana with 2 tbsps. of low-fat Greek yogurt and a swirl of toffee sauce

CAL: 841 kJ / 201 kcal
PORTION: 207 g

-761 kJ / -182 kcal

CALCIUM x 2 PROTEIN x 1.5 MAGNESIUM x 2 POTASSIUM x 2.5



1 can of sugared fizzy drink

CAL: 565 kJ / 135 kcal
PORTION: 330 ml

1 yogurt and fruit smoothie

CAL: 477 kJ / 114 kcal
PORTION: 200 g

-92 kJ / -22 kcal

CALCIUM x 6 PROTEIN + 4 g MAGNESIUM x 7 POTASSIUM x 100



1 strawberry ice cream

CAL: 1364 kJ / 326 kcal
PORTION: 70 g

1 frozen strawberry yogurt

CAL: 418 kJ / 100 kcal
PORTION: 70 g

-946 kJ / -226 kcal

CALCIUM x 1.5 PROTEIN x 2 SATURATED FAT - 8.3 g

Yogurt is a nutrient-dense food and provides **more than just calcium!** It is also a source of protein, phosphorus, riboflavin and other micronutrients. Studies show that people who eat yogurt have more adequate nutrient intakes and a **better diet quality** (1, 2, 3, 4)

ENJOY BIGGER PORTIONS!



1 bowl of full-fat mascarpone with berries

CAL: 649 kJ / 155 kcal
PORTION: 70 g

1 full-fat yogurt with berries

CAL: 649 kJ / 155 kcal
PORTION: 200 g

+130 g



1 serving of cheesecake

CAL: 418 kJ / 100 kcal
PORTION: 34 g

1 light cheesecake flavored yogurt

CAL: 414 kJ / 99 kcal
PORTION: 165 g

+131 g



1 granola nut bar with dried fruit

CAL: 490 kJ / 117 kcal
PORTION: 33 g

1 low-fat yogurt with berries and granola topping

CAL: 326 kJ / 78 kcal
PORTION: 125 g

+92 g

Both consumption and perception of **bigger volume** of food helps decrease the feeling of hunger and appetite (5). Swap for a yogurt and enjoy a bigger portion.



INITIATIVE FOR A BALANCED DIET



@YogurtNutrition #yogurt2016

References

- * This infographic is mainly based on Azmina Govindji, RD talk during the 4th Yogurt Summit, EB 2016, in San Diego: "Yogurt and type 2 Diabetes putting it all into practice". Calculations are made on the basis of Food Portion Sizes (MAFF Handbook), 1994, Food Standards Agency.
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Learn more about yogurt at www.yogurtinnutrition.com

WIN #1: SAVE CALORIES WITH YOGURT

WIN #2: YOGURT TO GET MORE NUTRIENTS

WIN #3: ENJOY BIGGER PORTIONS!

#1

#2

#3