

Could yogurt be the foundation of a healthy breakfast?

BREAKFAST, MORE THAN A MEAL, IS A "MOMENT"

Night-time is the longest period without food; break-fast literally describes the meal that breaks the night's fast. As such, the breakfast moment serves as the foundation, the initial spark for the rest of the day's eating pattern. Breakfast gives the chance to start each day with a healthy and nutritious meal and is also a unique opportunity to connect with others and enjoy a quality morning ritual to launch the day.

Even if there is no scientific definition of a healthy breakfast, experts have proposed the following **4 criteria to create a quality breakfast** ⁽¹⁾ and yogurt fits all these criteria (see below).

HOW CAN YOGURT HELP IN STRUCTURING A QUALITY BREAKFAST?

1

A quality breakfast is **structured** with a drink & foods chosen from 3 or more "pillar" food groups: Dairy + Fruit/Veg + Wholegrain carbs⁽¹⁾.



YOGURT IS A TASTY WAY TO ENJOY THE BENEFITS OF DAIRY:

Yogurt & milk are nutrient-rich, low-energy foods. Yogurt is also easy-to-digest & valuable for people who don't like or can't tolerate milk, because live yogurt bacteria produce lactase that breaks down the lactose naturally present in milk, making yogurt an easy-to-digest dairy food ⁽⁴⁾.

2

A quality breakfast is **nutrient dense** and should contain:
→ minimum 10% of the body's nutrient requirements
→ aiming for 20% for shortfall nutrients (calcium, vitamin D, potassium or fiber) ⁽¹⁾.



YOGURT PROVIDES ESSENTIAL NUTRIENTS IN A LOW TO MODERATE AMOUNT OF CALORIES.

Being recognized as a nutrient-rich, low energy-dense food, ⁽⁵⁻⁸⁾ yogurt delivers more than calcium (10-20% of the DV per serving). It also provides smaller but valuable amounts of a large range of other micronutrients such as phosphorus and riboflavin (vit B2).

3

A quality breakfast is **rich in protein & carbs** for a steady release of energy until lunch, promoting satiety, avoiding cravings and nibbling, and favoring weight management ^(1,2).



YOGURT HAS HIGH QUALITY PROTEIN (~3,2%)

made up of 80% casein and 20% whey, both excellent sources of essential amino acids⁽⁹⁾. The fermentation process improves the protein digestibility: producing smaller, more easily digestible forms of casein and releasing free amino acids into yogurt⁽¹⁰⁾. Protein is more satiating than other macronutrients^(11,14). Therefore, yogurt, and particularly protein-rich yogurt, can enhance the feelings of fullness linked to higher and longer satiating effect⁽¹⁵⁻¹⁷⁾.

4

A quality breakfast is **energetic**: supplies 15-25% of daily energy needs⁽¹⁾, while also contributing to the pleasure of eating. Enjoying breakfast regularly has been associated with overall well-being ⁽³⁾.



A TYPICAL YOGURT POT (125 G) CONTRIBUTES TO 4-10% OF TOTAL ENERGY*.

It is a low energy-dense food & when mixed with other healthy ingredients, it becomes the perfect matrix to create a wholesome breakfast. Yogurt is visually appealing and calls for creativity, becoming a white matrix where complementary toppings can be added, having various shapes, colours and nutrients.

* for a 1800 kcal diet

Yogurt, a carrier of goodness at breakfast!

HOW TO PREPARE A NUTRIENT-DENSE, VERSATILE, CREATIVE & SATIATING BREAKFAST BOWL?

Yogurt, like a blank canvas, offers a smooth, fresh, white matrix, able to carry other exciting tastes and textures via foods that bring their own nutritional benefits. Thus, yogurt could be positioned as a «carrier food», facilitating the intake of other recommended foods.



PLAIN YOGURT: THE MATRIX

High quality protein, calcium, phosphorus, vitamin B12, live bacteria. Easy to digest.

>>ADD FRUITS FOR FIBER & MORE NUTRIENTS

(or vegetables for savoury-lovers) insoluble and soluble fiber, vitamins like vitamin C and carotenoids, polyphenols, antioxidants.

>>ADD NUTS & SEEDS FOR ANTIOXIDANTS, UNSATURATED FATS AND FAT-SOLUBLE VITAMINS

Tasty, crunchy, nutritious and fun toppings. Omega 3 fatty acids, fiber, protein (e.g. walnuts, flaxseed, chia seeds, toasted soya...), vitamin E.

>>ADD WHOLEGRAIN CEREAL FOR MORE ENERGY

Complex carbohydrates providing energy, fibre (energy), B vitamins, other vitamins & minerals.

YOGURT+FRUIT = PROBIOTICS

In addition to add more nutritional benefits, the probiotics in fruit may help maintain the viability of probiotic bacteria in the yogurt and serve as feed once in the colon. TOGETHER they may exert a synergistic effect on health such as reducing risk of cardiovascular disease ⁽¹⁸⁾

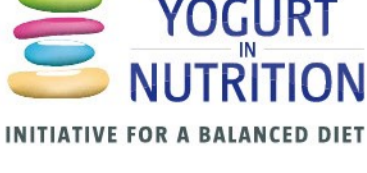
SMART SYNERGIES

YOGURT+CHIA = MORE SATIETY

A recent study showed that regular consumption of yogurt + chia seeds reduced hunger and increased satiety among the participants⁽¹⁹⁾.

Yogurt: a healthy foundation at breakfast!

IT IS A SIMPLE, TASTY AND CREATIVE WAY TO ENCOURAGE A HEALTHY START FOR THE DAY.



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