

# Malnutrition in an obese world : HOW YOGURT CAN HELP?

Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients [1].

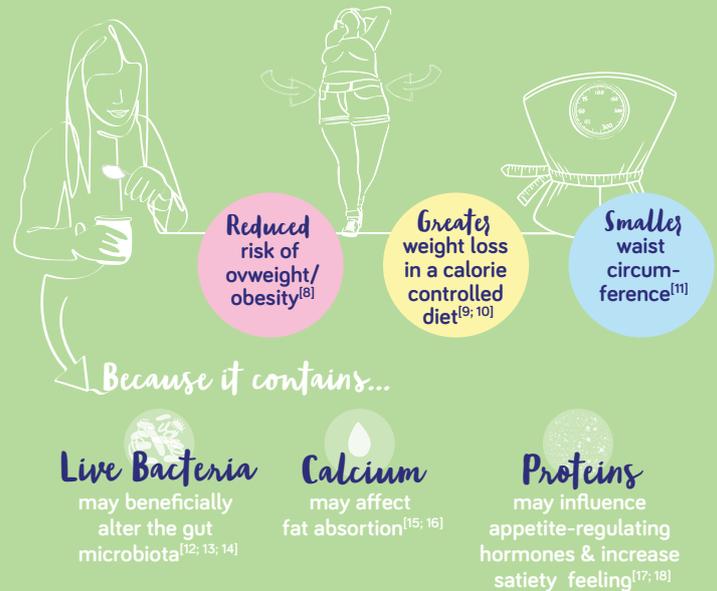
It addresses 3 groups of conditions:

- 1/ Related to undernutrition : - Wasting (low weight-for-height)  
- Stunting (low height-for-age)  
- Underweight (low weight-for-age)
- 2/ Micronutrient-related malnutrition (deficiencies & excess)
- 3/ Overweight, obesity and diet-related Noncommunicable diseases

## Yogurt is a nutrient dense food



## Yogurt consumption is associated with less weight gain over time

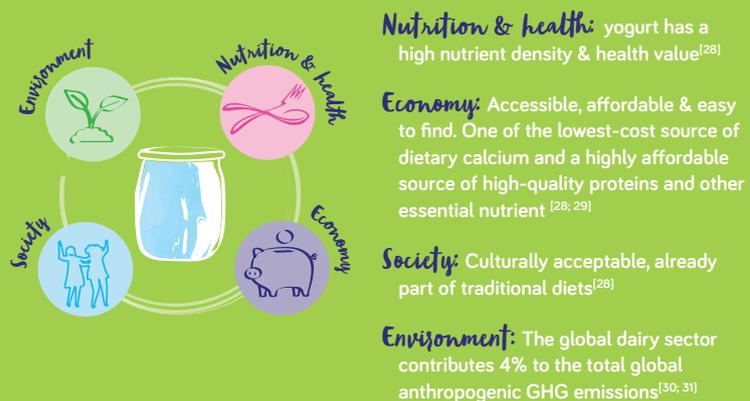


## Yogurt consumption is associated with a reduced risk of Type 2 Diabetes (T2D) and Cardiovascular Diseases (CVD)



## Yogurt can be part of a sustainable diet

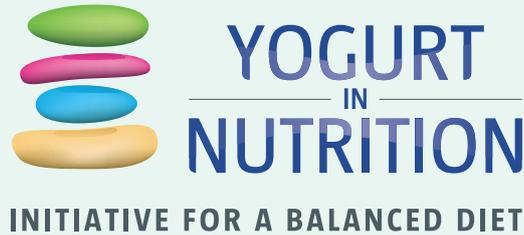
Because it meets the 4 criteria of a sustainable FOOD



Ruminants convert non-human edible resources into nutritious food!

# FENS 2019 - DUBLIN

October 16<sup>th</sup> 2019 - from 1:30pm to 3:00pm



## References:

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## #Yogurt2019



YINI is a collaborative project between the American Society for Nutrition, and the Danone Institute International

