THE BENEFITS OF YOGURT
Eating one yogurt every day is an important first step toward achieving a balanced diet and a healthy lifestyle.

STATE OF THE AMERICAN DIET

The average American diet is more unbalanced than ever, the result of an eating pattern that is low in vegetables, fruits, and dairy and high in saturated fat, sodium, and added sugars. Unhealthy diets have become a significant public health issue, leading to overweight individuals, obesity, and other diet-related diseases, such as cardiovascular disease, type-2 diabetes, and high blood pressure.

The major contributors to an unbalanced diet are sugars, saturated fat, and sodium. The 2015 Dietary Guidelines for Americans (DGA) recommend that calories from added sugar and saturated fats not exceed 10% of the total calories in the diet and the American Heart Association (AHA) recommends that sodium intake be limited to 1,500 mg a day. Unfortunately, the American diet greatly exceeds all of these recommendations. The saturated fat and added sugar recommendations from the DGA should be incorporated as part of a healthy eating pattern and should not be applied to individual foods.

Excessive intake of unhealthy foods and inadequate intake of nutrient-dense foods results in lower-than-recommended levels of some nutrients in the American diet, namely calcium, vitamin D, potassium, and fiber.

DIETARY RECOMMENDATIONS

The 2015 Dietary Guidelines for Americans (DGA) recommend increasing intake of nutrient-dense foods, such as non fat or low fat dairy products, like yogurt. A recent study compared popular snack foods by their overall nutrient profiles. The study utilized a nutrient-density measurement tool known as the Nutrient Rich Foods (NRF) Index. Yogurt was found to have the highest nutrient-density score, but was the least consumed among the snack foods evaluated.

Currently, Americans consume only about half of the recommended three servings per day of dairy products. Strategies for increasing intake of non fat and low fat dairy include choosing yogurt as a snack or using yogurt as an ingredient in prepared dishes, such as salad dressings or spreads.

Brought to you by Dannon

WHY ONE YOGURT EVERY DAY?

For more information and coupon referral pads, visit www.oneyogurteveryday.com
YOGURT AND IMPROVED NUTRIENT DENSITY

Most yogurts contain nutrients lacking in the American diet, including calcium, vitamin D, and potassium. Consuming one 8-oz. serving of nonfat or lowfat yogurt every day provides, in many cases, 30% of the daily value for calcium, helping to close the calcium deficiency gap.

Lowfat yogurt is not high in saturated fat, is lower in sodium than most cheeses, and provides approximately 6–14% of the daily value of potassium per 8-oz. serving. Lowfat and nonfat yogurts are good choices to help achieve your daily dairy requirements. Additionally, choosing a vitamin D-fortified yogurt can make a significant contribution to vitamin D intake. Yogurt can also be an excellent source of high-quality protein, which helps with satiety and, together with calcium and vitamin D, helps promote muscle and bone strength.6

In a large prospective study,7 consumption of yogurt was associated with a more balanced diet. According to this study, yogurt consumers are not only likely to have higher potassium intakes, but are less likely to have inadequate intakes of vitamins B2 and B12, calcium, magnesium, and zinc.

YOGURT ASSOCIATION WITH A HEALTHY LIFESTYLE

Another epidemiological study8 showed that yogurt consumption is also associated with a healthy lifestyle. Frequent yogurt consumption as part of a healthy dietary pattern was associated with less weight gain over time. This study compared consumption of different foods, including yogurt, fruits, vegetables, and whole grains among more than 120,000 U.S. women and men and showed that consumption of these foods was associated with less weight gain over time, with yogurt showing the best results. Other forms of dairy, including low fat or non fat milk, had no measurable association with less weight gain. Additionally, yogurt consumption was also associated with healthy levels of systolic blood pressure and circulating glucose within the normal range.7

Lowfat and nonfat yogurts are convenient, nutrient-dense foods that contribute to the recommended 3 daily servings of dairy.

YOGURT AND HEALTHY NUTRITION IN CHILDREN

Including nutrient-dense yogurt in a child’s diet may help improve diet quality and prevent excess weight gain. A recent analysis of national health and nutrition data found that introducing one 6-oz. serving of lower sugar, vitamin D-fortified yogurt each day to children’s snack times would help children increase dietary intake of calcium, vitamin D, and potassium without adding empty calories.9 Combining yogurt with fruit or vegetables as a snack (for example, in a dip) can also increase dietary intake of fiber, another nutrient of concern in children.9

Another study recently found that higher yogurt consumption was associated with lower measures of adiposity in U.S. children (ages 8–18), such as lower BMI-for-age, lower waist circumference, and smaller subscapular skinfold.10

CULTURES AND FERMENTATION

Cultures and fermentation can increase the nutrient content (e.g., B-vitamins)11 and digestibility of foods. Cultures are used to make unique fermented products that can be associated with various health benefits. Cultures and fermentation in food are important to extend shelf life and develop a unique taste and texture.

YOGURT AND LACTOSE INTOLERANCE

For those who are lactose intolerant, milk avoidance is a major obstacle for obtaining adequate calcium, vitamin D, and other vitamins.12 Yogurt is, for many consumers, a more easily digestible alternative to milk because, on average, it contains less lactose than milk. In addition, the yogurt’s live and active cultures continue to have activity in the intestinal tract and may allow lactose intolerant individuals to enjoy dairy products with fewer associated symptoms.13

References:
For more information and coupon referral pads, visit www.oneyogurteveryday.com