

Benefits of YOGURT



Yogurt is a naturally nutritious food that's good for people of all ages. Like most dairy products, yogurt provides many important nutrients, including protein, calcium and potassium. Many yogurts are low-fat or fat-free and contain little or no saturated fat and cholesterol. Yogurt is a nutrient-dense, convenient and delicious food for snacks and meals.

Live and Active Cultures

Yogurt contains live and active cultures — living bacteria that can help lessen symptoms of lactose intolerance, such as bloating, cramping and diarrhea. Because yogurt is often better tolerated than other dairy products, it can be an important source of calcium for people who are lactose intolerant.¹

Overall, Yogurt Consumers Get More Dairy

Yogurt consumers of all ages get more dairy and are more likely to meet dairy recommendations (see Chart 1). Table 1 shows that for ages 2-12 years who are non-consumers of yogurt, only 28% meet dairy recommendations, but with yogurt consumers, 58% meet dairy recommendations. There are similar trends for other age groups. Yogurt consumers eat yogurt in addition to, versus as a replacement for, other dairy.

Chart 1: Average total dairy servings per day

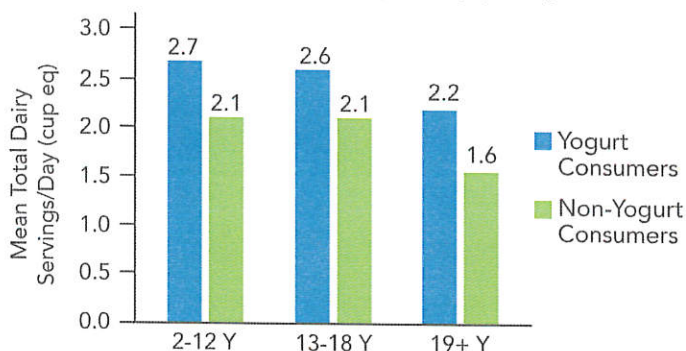






Table 1: Percent meeting dietary guidelines for Americans 2015-20 dairy recommendations

Age	Daily Recommendations	Non-Consumers	Consumers
2-12 yrs	2-3 cup eq/d	28% →	58%
13-18 yrs	3 cup eq/d	20% →	33%
19+ yrs	3 cup eq/d	8% →	19%

1 cup yogurt = 1 dairy cup eq

YOGURT FUN FACTS

-  Yogurt eaters have overall healthier diets²
-  Americans consume more than 300,000 tons of yogurt each year³
-  Dietary guidelines recognize low-fat/fat-free yogurt as an example of nutrient-dense foods that can fit into healthy eating patterns⁴
-  Some sunscreens block the natural production of Vitamin D in the skin. Yoplait™ Original yogurt is fortified with Vitamin D and one serving provides an excellent source of Vitamin D

DID YOU KNOW?

Yogurt Consumers Get More of Important Nutrients

Yogurt consumers ages 2-18 get at least 10% more of important nutrients than non-yogurt eaters.² There is a similar trend for adults as well. Calcium, vitamin D & potassium are important bone health nutrients.



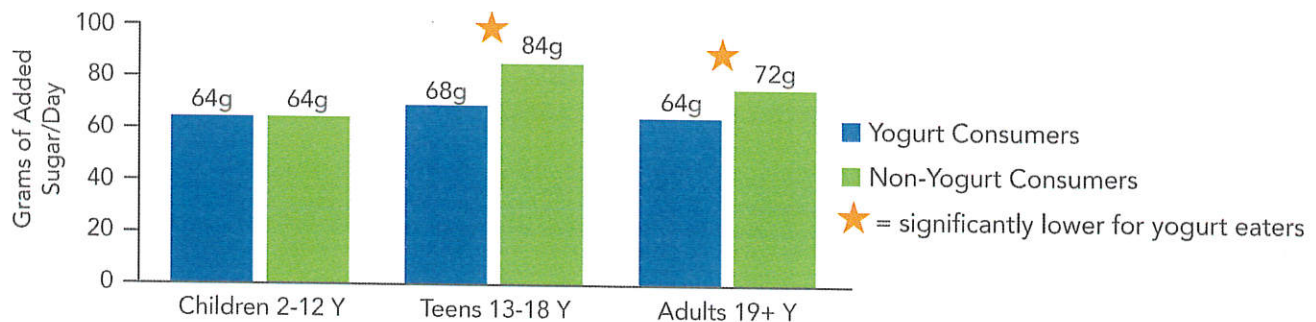
Table 2: Percent Difference between yogurt eaters and non-eaters

Nutrient	2-18 Y	19+ Y
Calcium	25% more	29% more
Vitamin D	16% more	18% more
Magnesium	10% more	18% more
Potassium	12% more	17% more




Children Who Eat Yogurt Do Not Have Higher Added Sugar Intake Than Children Who Do Not Eat Yogurt

Yogurt eaters get more nutrients, but do not eat more added sugar. The chart below shows grams of added sugar eaten per day for yogurt eaters and non-eaters. For children ages 2-12 years, there is no significant difference between added sugar intakes of yogurt eaters and non-yogurt eaters, but as children grow, we see a difference.² In teens and adults yogurt eaters consume significantly less added sugar than non-yogurt eaters.² See Chart 2 below.

Chart 2: Grams of added sugar eaten per day for yogurt eaters and non-eaters



Summary:

-  Yogurt consumers get more servings of dairy — they are eating yogurt in addition to other dairy
-  Yogurt eaters consume more nutrients and are more likely to meet nutrient recommendations, but do not consume more added sugar
-  Yogurt eaters have healthier overall diets

References:

1. <https://consensus.nih.gov/2010/lactosestatement.htm#q1>
2. NHANES 13-14
3. <https://www.wisconsincheeseman.com/blog/cheese-nation/june-dairy-month-facts-dairy-foods/>
4. Dietary Guidelines for Americans 2015-2020