

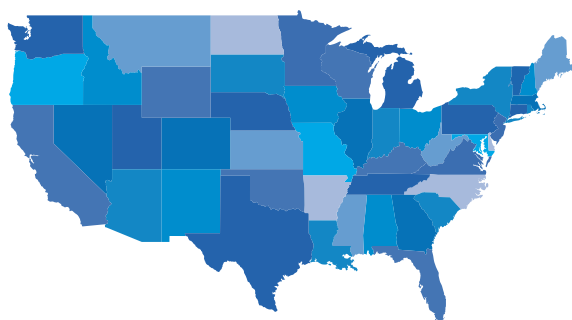
YOGURT IN NUTRITION

A Spoonful of a Healthy Diet

GENERAL NUTRITION

According to the U.S. Department of Agriculture

90% of Americans



Need To Improve Their Diets.

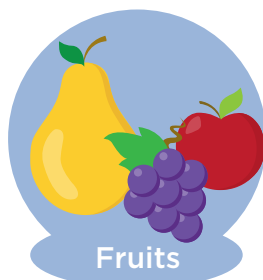


Many Americans do not eat the types of foods necessary to meet optimal nutrient needs.

Less than **3%** of the U.S. population meets potassium recommendations.

SEVEN out of 10 Americans 2 years of age and older do not meet current calcium recommendations.

It is important to choose nutrient-dense foods while managing calorie intake and to gain valuable nutrients.



Fruits



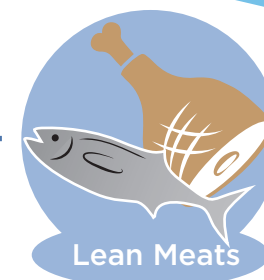
Vegetables



Whole Grains



Low-Fat Dairy



Lean Meats

= Vitamin D Calcium Potassium Dietary Fiber

DAIRY

U.S. Dietary Guidelines for Americans recommend that adults consume



3 SERVINGS OF LOW-FAT OR FAT-FREE DAIRY DAILY.

Most people only consume about half that amount.

INTAKE OF LOW-FAT OR FAT-FREE DAIRY AND DAIRY PRODUCTS IS ASSOCIATED WITH:

IMPROVED BONE HEALTH

especially in children and adolescents.

REDUCED RISK

of cardiovascular disease, type 2 diabetes, and lower blood pressure in adults.

Dairy foods are an economical and convenient source of many important nutrients such as calcium and potassium.

Yogurt



Yogurt is an excellent source of protein and essential nutrients such as calcium, potassium and magnesium and also contains bacteria good for your health.



Yogurt consumption is linked with smaller gains in weight and waist circumference over time.



For those who are lactose intolerant, yogurt offers a nutrient-dense, more easily digestible alternative to milk.



New studies have shown that yogurt consumption is associated with better diet quality. That is, people who eat yogurt have healthier diets overall and higher intakes of essential nutrients.



Brought to You By:

The Yogurt in Nutrition Initiative for a balanced diet, a collaboration between the American Society for Nutrition, Danone Institute International, and The Nutrition Society to define what we know about the health effects of yogurt and identify areas for future research.

For more information please visit www.nutrition.org/yogurt