

Malnutrición y obesidad: ¿CÓMO PUEDE AYUDAR EL YOGUR?

El término «malnutrición» se refiere a las carencias, los excesos y los desequilibrios de la ingesta calórica y de nutrientes de una persona^[1]

Abarca tres grandes grupos de afecciones:

- 1/ La desnutrición, que incluye: - la emaciación (un peso insuficiente respecto de la talla), - el retraso del crecimiento (una talla insuficiente para la edad) - la insuficiencia ponderal (un peso insuficiente para la edad) ;
- 2/ La malnutrición relacionada con los micronutrientes, que incluye las carencias de micronutrientes (la falta de vitaminas o minerales importantes) o el exceso de micronutrientes;
- 3/ El sobrepeso, la obesidad y las enfermedades no transmisibles relacionadas con la alimentación (como las enfermedades cardiovasculares, la diabetes y algunos cánceres).

El Yogur es un alimento de Alta Densidad Nutricional



*Si enriquecido
**Dependiendo de la cantidad total de grasa

El consumo de yogur se asocia a un mejor control del peso a largo plazo



El consumo de Yogur se asocia con una reducción del riesgo de desarrollar Diabetes tipo 2 (T2D) y Enfermedades Cardiovasculares (CVD)



El yogur puede formar parte de una dieta sostenible

Porque cumple con los 4 criterios de un ALIMENTO sostenible



Nutrición y Salud: el yogur es un alimento de alta densidad nutricional que aporta beneficios a la salud^[28]

Economía: el yogur es un alimento accesible y fácil de encontrar. Es una de las fuentes más económicas de calcio dietético, de proteínas de alta calidad y de otros nutrientes esenciales^[28, 29]

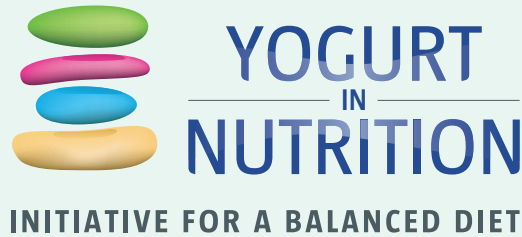
Sociedad: es un alimento culturalmente aceptado, forma parte del patrón alimentarios de varios países^[28]

Medio ambiente: el sector lácteo mundial contribuye solo en un 4% al total de emisiones de gases de efecto invernadero generado por la población mundial^[30, 31]



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Referencias:

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<https://www.yogurtinnutrition.com/>

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Yogurt in Nutrition Initiative

La Yogurt in Nutrition Initiative es un proyecto de colaboración entre la Sociedad Americana de Nutricion (ASN), y el Instituto Danone Internacional



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