

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.



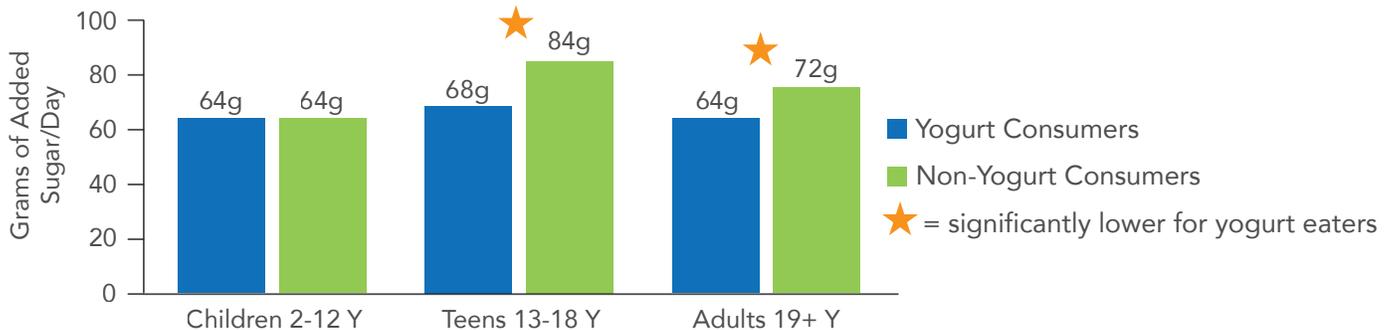
Table 2: Percent Difference between yogurt eaters and non-eaters

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