

In Diabetes and Obesity Prevention the Role of Yogurt

A recent study published discusses the role of yogurt as a nutritious food in preventing and managing diabetes and [obesity](#).



Risk Factors for Diabetes

Diabetes is a non-communicable chronic disease characterized by persistently high blood glucose levels. In some cases, [diabetes](#) can develop due to unhealthy lifestyles, including inadequate diet and lack of physical activity; therefore, obesity is considered a major risk factor for diabetes onset. The prevalence of both obesity and diabetes is exponentially increasing worldwide.

Health Benefits of Yogurt

Yogurt is a low-calorie fermented dairy product that provides a balanced proportion of proteins, essential nutrients, as well as a range of viable beneficial [bacteria](#). In fact, consuming 100 grams of yogurt each day as part of a healthy diet of 2,000 kcal is responsible for 5% of overall diet quality.

Several nutritional studies have demonstrated that the consumption of yogurt is associated with a reduced risk of obesity, diabetes, osteoporosis, and [cardiovascular disease](#). Yogurt has also been shown to improve gastrointestinal health and proper functioning of the immune system.

Yogurt for Diabetes Management

In 2019, the prevalence of diabetes in Argentina was estimated to be 13%. The anti-diabetic activity of low-fat yogurt could be attributed to its low glycemic load and presence of various nutrients, including proteins, calcium, magnesium, and [vitamin D](#).

Furthermore, certain saturated fatty acids present in yogurt, such as pentadecanoic and heptadecanoic acids, are associated with diabetes risk reduction. In this context, previous studies have predicted that daily [yogurt consumption](#) of 50 grams can lead to a 7% reduced risk of diabetes.

Plain or natural yogurt has a lower glycemic index than sweetened yogurt, which could be due to a higher protein to carbohydrate ratio in plain yogurt. The fermentation process involved in yogurt production can reduce carbohydrate bioavailability by converting them into organic acids and [polysaccharides](#).

The viable beneficial bacteria present in yogurt have been shown to improve blood lipid profiles, reduce cholesterol levels, and increase antioxidant status in diabetic patients. Moreover, organic acids present in yogurt, such as [lactic acid](#), can reduce postprandial blood glucose levels and insulinemia.

Yogurt for Obesity Management

The prevalence of obesity among children and [adolescents](#) in Argentina has been estimated to be over 40%. Among adults, the prevalence of obesity is six for every 10 individuals.

Gut microbiota dysbiosis, which is characterized by an imbalance in the composition and diversity of the microbiome, is a major contributor to obesity. Obesity-related alterations in gut microbiota can lead to increased [fat deposition](#), impaired energy balance, increased inflammation, and metabolic dysfunction.

Yogurt can reduce the risk of obesity by replacing less healthy foods with its diverse nutritional components and viable beneficial bacteria. Yogurt can also impact appetite regulation, energy balance, and different anthropometric parameters, including [body mass index](#) (BMI).

Epidemiological studies have shown that yogurt consumption is associated with reduced BMI, overall obesity, and abdominal obesity. Yogurt consumption has also been associated with reduced total body and abdominal [fat deposition](#), as well as lower weight gain.

Conclusion

Existing scientific evidence indicates that yogurt consumption could be beneficial for the prevention and management of both diabetes and obesity. The rising prevalence of these chronic diseases throughout the world emphasizes the importance of encouraging people to incorporate yogurt as part of their healthy diet to improve [public health](#) and reduce healthcare costs.

Source:

<https://www.news-medical.net/news/20240418/The-role-of-yogurt-in-diabetes-and-obesity-prevention.aspx>