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Associations between yogurt consumption and nutrient intake in the United Kingdom

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Abstract

Introduction: The present study was conducted to examine yogurt consumption patterns and investigate associations between yogurt consumption and nutrient intake using data from the National Diet and Nutrition Survey (NDNS) rolling programme in the United Kingdom.

Materials and Methods: Children aged 1.5–18 years old (N = 2564) and adults aged 19 years or older (N = 2705) from the NDNS 2012/13–2015/16 were included in the study. The average of four-day food diary data was used for analysis. Yogurt included all food items from the yogurt, fromage frais and dairy dessert food group, excluding dairy dessert products. Participants were classified as yogurt eaters if they reported consumption of yogurt at least once during the four days. Percentage contribution of yogurt to daily intake of nutrients in yogurt eaters was calculated. Multiple linear regression analyses for surveys were used to compare differences in energy and nutrient intake between yogurt eaters and non-eaters, adjusting for sociodemographic characteristics. Energy intake was also adjusted for in nutrient data analysis.

Results: The prevalence of yogurt consumption was 53% in children and 39% in adults. The daily intake of yogurt was 105 g and 132 g, respectively. Yogurt is an important source of calcium and riboflavin in children and adults, as well as vitamin D in children, accounting for over 15% of daily intake of these nutrients. Compared to non-eaters, yogurt eaters had significantly higher energy intake in both children and adults; they also had significantly higher intake of protein, fiber, calcium, magnesium, phosphorus, potassium, folate, riboflavin, thiamin, and vitamin C, as well as significantly lower intake of sodium. Child yogurt eaters also had significantly higher intake of vitamin A and vitamin B12, and lower intake of total fat, whereas adult yogurt eaters had significantly higher intake of carbohydrate, iron, zinc, vitamin D and vitamin E, compared to non-eaters. Both yogurt eaters in children and adults had higher intake of total sugar; nonetheless, non-milk extrinsic sugar intake did not differ by yogurt consumption status in children, and it was significantly lower in adult yogurt eaters. Saturated fat intake did not differ by yogurt consumption status in children and adults.

Discussion: Yogurt is an important dietary source of several nutrients in the United Kingdom. Its consumption was positively associated with intake of total energy and many nutrients to encourage, but not positively associated with intake of sodium, total fat, saturated fat, and non-milk extrinsic sugar in both children and adults.

Conflict of Interest

All authors are employees of General Mills.