

# Full-fat yogurt helps lower glucose levels in people with prediabetes, finds research

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Researchers from the University of Vermont have found that eating full-fat yogurt on a daily basis may help lower fasting glucose levels in middle-age and older adults with prediabetes. The research team will

present their work this week at the [American Physiology Summit](#), the flagship annual meeting of the American Physiological Society (APS), in Long Beach, California.

As obesity and type 2 diabetes continue to be a growing epidemic in the U.S., many national health organizations, including the American Heart Association, recommend eating low- or nonfat dairy options, such as milk, cheese and yogurt, as part of a "heart healthy" diet. However, recent research suggests that—contrary to the messages the public often receives about [dietary fat](#), [weight gain](#) and chronic disease—full-fat dairy products may be beneficial to blood glucose and fat metabolism.

The researchers studied a group of adult volunteers between the ages of 45 and 75. Most of the participants were diagnosed with prediabetes—one person had type 2 diabetes—with an average fasting blood glucose level of 101.1 milligrams per deciliter (mg/dL).

Prediabetes, a condition in which [blood sugar](#) is elevated but has not yet reached the level of type 2 diabetes, is defined as a fasting blood glucose level between 100 and 125 mg/dL, explained Victoria Taormina, Ph.D. student and first author of the study.

In this crossover study, the volunteers participated in a three-week block when they ate three servings of plain, full-fat yogurt each day. The same volunteers ate three servings of fat-free yogurt daily during a different three-week span. The amount of yogurt consumed daily varied for each person based on their individual calorie and nutrient needs. However, based on a 2,000-calorie diet, this was 510 grams (approximately 17 ounces) of yogurt each day. While participants followed the full-fat diet, they consumed 17 grams of dairy fat per day.

The research team found that after the full-fat [yogurt](#) portion of the study, the participants' average fasting [glucose levels](#) dropped to 97.7 mg/dL, which is considered in the "normal" range.

"This research is part of a growing body of evidence that contradicts the current narrative in dietary recommendations of national and international health authorities to opt for low- or nonfat dairy, instead of full-fat dairy products," Taormina said. "We're hoping this pilot trial serves as an impetus for further research to truly clarify the relationship between dairy fat intake and [blood glucose](#) control."

Provided by American Physiological Society

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