

In the diet of many people, yogurt is the main product. Studies show that its regular use can benefit health. This is what will happen if you become it every day.

**More protein.** Greek yogurt contains about twice as much protein than in the usual one. This makes him the best option for those who want to receive more protein. A high protein diets are associated with weight loss, better regulation of blood sugar, an improvement in bone density and body composition.

**Healthy microbia.** Daily use of yogurt gives probiotics. It also supports intestinal health, stimulating the growth of beneficial bacteria in the large intestine. Regular use of yogurt can improve the variety of intestinal bacteria, and this is a sign of a healthy intestine.

**Increase in calcium consumption.** Yogurt contains phosphorus, protein and calcium, which are needed for bones.

**Improving blood sugar levels.** This is due to the fact that there are a lot of protein in yogurt and there are probiotics that contribute to the healthy regulation of blood sugar.



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**Saturation and weight loss.** This is possible if you choose yogurts with a high protein content: Greek and skin.

**Improving bone density, reducing risk of fractures.** There is a lot of protein and calcium in yogurt, which plays a key role in maintaining strong bones.

**Risk of risk of heart disease.** The use of yogurt reduces the risk of heart attack and stroke in people with high blood pressure. In large -scale research, those who ate at least two portions of yogurt per week, the probability of a heart attack and a stroke was 17-21% lower than those who consumed yogurt less.

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