

Fat Greek yogurt was called the best dairy product for weight loss

Studies show that Greek yogurt contains nutrients that fight visceral fat (fat in the abdomen). Here are four reasons to add it to your diet.

**Contains nutrients that contribute to weight loss.** Whole milk, the main ingredient of fat Greek yogurt, plays a key role in this. In many ways, this is the merit of a unique composition of milk fat.

**Saturates well.** Fat in the composition of yogurt slows down digestion, so that the food is delayed longer in the stomach and you eat less. Strained (Greek) yogurt contains a natural combination of rapidly absorbed serum protein and slowly digested casein. Thanks to this, it saturates perfectly. Yogurt is also rich in bioactive peptides that suppress appetite.



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**Helps to preserve the muscles.** Greek fat yogurt is a great way to replenish protein reserves, which is needed to increase muscle mass. One cup will give you impressive 22 g of protein and 230 kcal.

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**Rich in probiotics.** In Greek yogurt there are useful bacteria that contribute to the health of the intestine.

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