



Milk Consumption Does Not Cause Weight Gain in Children

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a report from the Dairy Research Institute (Rosemont, IL), a review of observational studies and randomized clinical trials, published in a recent issue of *Current Nutrition & Food Science*, concluded that consumption of milk and milk products does not adversely affect body weight or body weight composition in children and adolescents. Moreover, the majority of studies examined showed a beneficial or neutral relationship between consumption of milk and/or calcium and body weight and body composition in children and adolescents.

“These results cast important context around the positive role that dairy can play as part of a balanced, healthy diet and lifestyle. Further, it reinforces the notion that dairy should not be singled out as a contributing factor in the approximately 32% and 17% of U.S. children ages 2 to 19 classified as overweight or obese, respectively,” said the institute.

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