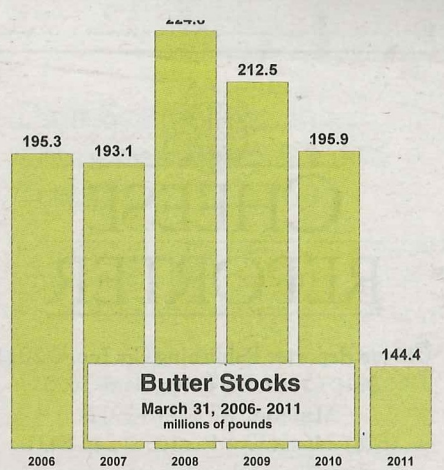


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Majority Of Studies Find Beneficial Relationship Between Milk Consumption And Kids' Body Weight

Rosemont, IL—Research indicates a beneficial or neutral relationship between the consumption of milk and body composition in children, according to an article published in *Current Nutrition & Food Science*.

The article reviewed 36 studies that examined the relationship between either dairy food consumption or calcium intake on body weight and body composition in children and adolescents.

Results from nearly all of the studies demonstrate either a beneficial or neutral relationship between the consumption of dairy and/or calcium and body weight and body composition in children and adolescents.

“This review underscores the importance of dairy’s role in promoting healthy growth and development in children and adolescents,” said Greg Miller, president, Dairy Research Institute, which has focused research on the connection between dairy consumption and healthy weight, including research among children and adolescents.

“Obesity at such an early age is of great concern because it increases the risk for many debilitating health conditions, such as coronary heart disease, type 2 diabetes, hypertension, stroke and some types of cancer,” Miller said.

Results from a few clinical trials that indicated milk has a neutral effect on body weight and body composition in children. Additional research is needed to better understand this relationship, the Dairy Research Institute said.

In the US, roughly 32 percent and 17 percent children aged two to 19 are classified as overweight or obese, respectively. 