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NEWS/BUSINESS



Dairy Research Institute: Milk not bad for body weight of children

ROSEMONT, Ill. — Recent studies suggest the consumption of milk and milk products does not adversely affect body weight or body composition in children and adolescents, according to the Dairy Research Institute, which manages pre-competitive dairy research in nutrition, product and sustainability on behalf of the Innovation Center for U.S. Dairy, the National Dairy Council and other sponsors.

The Dairy Research Institute points to results from observational studies and randomized clinical trials that were reviewed in a recent issue of *Current Nutrition & Food Science*.

“This review underscores the importance of dairy’s role in promoting healthy growth and development in children and adolescents,” says Gregory Miller, president of the Dairy Research Institute and executive vice president of the National Dairy Council.

The article reviews 36 observational studies that examine the relationship between dairy food consumption or calcium intake on body weight and body composition in children and adolescents.

The results from nearly all of the studies show either a beneficial or neutral relationship between consumption of dairy and/or calcium and body weight and body composition. However, additional clinical research is needed to better understand the relationship between dairy food consumption and weight management, according to Christopher Cifelli, director of nutrition research, Dairy Research Institute.

The 2010 Dietary Guidelines for Americans says it is “especially important to establish the habit of drinking milk in young children,” and the guidelines urge people to increase intake of lowfat or fat-free milk or milk products.

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