

Dairy Calcium Helps Maintain Good Cholesterol

February 8, 2011

ROSEMONT, Ill.—The combination of calcium and milkfat in dairy products may reduce fat absorption and maintain good cholesterol (HDL) while minimizing any increase in bad cholesterol (LDL), according to a new study published in the *British Journal of Nutrition*.

Researchers from the University of Copenhagen conducted a randomized clinical trial that included participants completing four separate diets over a period of 10 days, with each diet differing in the amount of calcium and fat content. Blood variables were measured before and after each diet period, and feces and urine were collected at the end of each diet period. A two-way ANOVA was used to examine the effect of calcium and fat intake. The researchers observed that dairy calcium seems to partly counteract the raising effect of dairy fat on total and LDL-cholesterol, without reducing HDL-cholesterol.

Commenting on the study, Gregory Miller, Ph.D., president of the Dairy Research Institute™ and executive vice president of the National Dairy Council®, said: "We know there are many adults today concerned about their fat intake, cholesterol levels and heart disease risk. We believe this study underscores the importance of dairy as a good daily source of calcium, protein and other nutrients while mitigating the impact on cholesterol. The study reinforces findings published in the Dietary Guidelines Advisory Committee report in 2010 that suggests 'bioactive components that alter serum lipid levels may be contained in milk fat,' or the effect of milkfat on blood lipids is different than what might be predicted. This is valuable information for the industry and for the consumer. It is an area of research the Dairy Research Institute continues to focus on."

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