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Dairy's Unique Nutrient Rich Package May Be Key to Reducing Risks of Metabolic Syndrome

Posted by Gregory Miller, PhD, MACN @ 11:56 AM

October 17, 2011

Metabolic syndrome poses a significant public health threat in the United States. In fact, one third of American adults are affected by this cluster of symptoms that includes high blood pressure, high blood sugar and high blood lipids. With the ability of these health conditions to lead to heart disease or type 2 diabetes, it's no surprise metabolic syndrome accounts for billions of dollars in health care costs annually. A new review, however, indicates that dairy intake may play a role in reducing the risk of these problems and thus the diseases they can lead to.



Published in [Advances in Nutrition](#), a new scientific [review](#) suggests components of dairy's unique nutrient package— vitamin D, calcium, magnesium, potassium, whey proteins or the combination of these—may be key to reducing risks of metabolic syndrome (full disclosure: I am a co-author on this study). The research review reported that these and other components within dairy, specifically milk fat and whey proteins, together may help regulate one or more elements of metabolic syndrome, including blood pressure, blood sugar levels, the makeup of fats in the blood and body composition.

While further research is required to better understand how dairy and its components may contribute to metabolic health, this review provides further evidence that the components in dairy together work to provide nutrition and health benefits. It also serves as a great reminder that dairy foods are an important source of key nutrients, contributing 50% of calcium and more than 10% of magnesium and potassium, and that milk alone is the number one food source of calcium, vitamin D and potassium in the American diet.

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