



## **New Dairy Checkoff-Funded Research Proves Positive for Dairy Foods**

**PHILADELPHIA** (August 5, 2011) – New research conducted through the Dairy Research Institute™, affiliated with the dairy checkoff program, shows positive benefits of consuming dairy foods. The Dairy Research Institute is funded by America’s dairy producers through the dairy checkoff program, along with other sponsors.

### **Study: Whey Protein Leads to Lower Body Weight, Body Fat Compared to Carbohydrates**

New research demonstrates that whey protein can help improve body weight and composition when compared to consuming an equal amount of calories from carbohydrates.

The study, which appears in the August issue of *Journal of Nutrition*, recorded data from overweight and obese adults who consumed whey or soy protein, plus carbohydrate beverages or a carbohydrate beverage alone twice a day for nearly six months.

The whey protein group’s body weight was approximately 4 pounds lower than the carbohydrate group. Additionally, the whey protein group’s waist size was nearly an inch smaller than the carbohydrate and soy protein groups.

“This study adds to the growing body of research that shows the benefits of higher protein diets, and whey protein in particular, on weight management and body composition,” said Gregory Miller, Ph.D., president of the Dairy Research Institute™.

This study was funded by the U.S. Whey Protein Research Consortium, of which the Dairy Research Institute is a managing member, and the U.S. Department of Agriculture’s Agricultural Research Service. The Dairy Research Institute is funded by America’s dairy producers through the dairy checkoff program, along with other sponsors.

### **Dairy Consumption May Reduce Risk of Type 2 Diabetes**

The results of two studies demonstrate that adequate dairy consumption as a part of a nutrient-rich, balanced diet may help maintain metabolic health and reduce the risk of type 2 diabetes.

Metabolic syndrome is characterized by at least three metabolic conditions including central obesity, high blood pressure, and impaired glucose or lipid metabolism.

One-third of American adults meet the criteria for metabolic syndrome, which increases the risk of cardiovascular disease and type 2 diabetes.

Results of a study administered by the Dairy Research Institute™ and published in the June issue of *American Journal of Clinical Nutrition*, funded in part by the dairy checkoff, show that adequate dairy intake – compared with low intake – results in improved blood pressure and insulin resistance, plus decreased fat mass and waist circumference, among other benefits.

In another example, Chinese researchers reviewed seven studies that examined the association between dairy consumption and type 2 diabetes. The results show that higher dairy intake was associated with lower risk of type 2 diabetes. This study was published in the May issue of *European Journal of Clinical Nutrition*.

“These studies reinforce that dairy consumption is part of the solution that can help reduce disease risk factors and lead people to a healthier life,” said Vernon Horst, Pennsylvania dairy producer and chair of Mid-Atlantic Dairy Association, which manages the local dairy checkoff.

For more information about these studies, visit the newsroom of the Innovation Center for U.S. Dairy at [www.usdairy.com/Newsroom/Pages/Home.aspx](http://www.usdairy.com/Newsroom/Pages/Home.aspx).

Dairy Research Institute™ is a 501(c)(3) non-profit organization affiliated with the Innovation Center for U.S. Dairy® and was created to strengthen the dairy industry’s access to and investment in the technical research required to drive innovation and demand for dairy products and ingredients, globally. The Institute works with and through industry, academic, government and commercial partners to drive pre-competitive research in nutrition, products and sustainability on behalf of the Innovation Center and the National Dairy Council®.

Mid-Atlantic Dairy Association and Pennsylvania Dairy Promotion Program are the local planning and management organizations funded by dairy farmer checkoff dollars. They work closely with Dairy Management Inc.™ and are responsible for increasing demand for U.S.-produced dairy products on behalf of Pennsylvania’s dairy farmers. For more information, visit [www.dairyspot.com](http://www.dairyspot.com).

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