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Dairy Consumption May Improve Metabolic Health

Results of two new studies contribute to the growing body of research demonstrating that adequate dairy consumption as part of a balanced, nutrient-rich diet may help maintain metabolic health and reduce the risk of type 2 diabetes.

In one study, published online ahead of print in the *American Journal of Clinical Nutrition* and administered by the Dairy Research Institute, researchers conducted a clinical trial in which 40 overweight and obese adults with metabolic syndrome were randomly assigned to consume either a low dairy or adequate dairy (at least three servings per day) weight maintenance diet for 12 weeks.

The study results showed that compared with low intake, ade-

quate dairy intake significantly improved multiple health indicators. Markers of both oxidative and inflammatory stress in subjects with metabolic syndrome were reduced; other key components of metabolic syndrome (i.e., high blood pressure and insulin resistance) showed improvement; and fat mass (mostly trunk fat) and waist circumference decreased, with no significant change in body weight for either group.

In addition, in another study recently published in the *European Journal of Clinical Nutrition*, Chinese researchers conducted a systematic review and meta-analysis of seven prospective studies examining the association between dairy product consumption and type 2 diabetes. Study results showed that higher dairy intake was associated with lower risk of type 2 diabetes.

There was a significant (14%) reduction in type 2 diabetes risk in the population with the highest consumption of dairy products compared to those with the lowest. Low-fat dairy consumption was associated with a significant (18%) reduction in type 2 diabetes risk; yogurt consumption was associated with a significant (17%) reduction in type 2 diabetes risk; and an additional daily serving of low-fat dairy was associated with a 10% reduction in type 2 diabetes risk.

For further information: www.usdairy.com

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