

NEWS/BUSINESS



Dairy Research Institute highlights findings in 2011 that help support role of dairy in health

ROSEMONT, Ill. — The Dairy Research Institute recently compiled a list of the top dairy nutrition and product research insights from 2011.

“The role of dairy intake in reducing the prevalence of health conditions like obesity, metabolic syndrome and heart disease is central to our research initiatives,” says Gregory Miller, president of the Dairy Research Institute, which works to strengthen the dairy industry’s access to and investment in the technical research required to drive innovation and demand for dairy products. “This year saw several advances in this work, as more and more research identifies the positive effects dairy can have on a number of health conditions.”

According to the Dairy Research Institute, the top dairy nutrition and product research insights from 2011 include:

- Dairy consumption was associated with lower incidence of metabolic syndrome, a condition which increases the risk of cardiovascular disease, and

type 2 diabetes.

- Moderate evidence, as reported in the 2010 Dietary Guidelines for Americans, that indicates that the intake of milk and milk products is associated with a reduced risk of cardiovascular disease and type 2 diabetes.

- Drinking chocolate milk after a workout was found to boost improvements in aerobic fitness and body composition and benefit muscle recovery and subsequent exercise performance.

- Significant advances were made to improve the quality and performance of whey protein, allowing for expanded use in food and beverage products.

- Product research has explored and uncovered new uses for dairy co-

products to provide ingredient solutions for the food and beverage industry to help address consumer demand.

In addition to its focus on dairy nutrition and product research, the Dairy Research Institute says it continued in 2011 to make advances in the area of sustainability, researching ways to provide dairy products that are produced responsibly and in an environmentally-friendly way.

The Dairy Research Institute says it will continue to focus on areas of research uncovering valuable nutrition insights for the dairy, food and beverage industries, specifically focused on metabolic health. In addition, dairy product research will look to improve upon or

create new dairy processes and ingredients to help meet the needs of the dairy, food and beverage industries. Three studies also are underway to establish baseline measures of the environmental impact of milk, cheese and packaging.

“This is a very exciting time for the dairy industry,” says Kevin Ponticelli, chairman of the board of directors of the Dairy Research Institute, and senior executive vice president of Dairy Management Inc. “The Dairy Research Institute and America’s dairy farmers are dedicated to working with industry to generate and communicate the technical and development insights in nutrition, product and sustainability research that will build long-term dairy demand.” CMN