



International Dairy Foods Association

Milk Industry Foundation | National Cheese Institute | International Ice Cream Association

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Low-fat Dairy Products May Decrease Hypertension Risk

The latest edition of "Dairy Research Insights," featuring reviews of the latest nutrition, product and sustainability research, is now available online.

This issue features a recent review of studies showing consumption of low-fat dairy products may help decrease the risk for elevated blood pressure. It also highlights a new paper that discusses how to educate consumers about achieving better health with nutrient-rich foods.



The findings are selected and interpreted each month by the Dairy Research Institute's team of scientists.

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