



Consumption Of Cheese & Fermented Dairy Associated With Lower Diabetes Risk

by Dairy Research Institute

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A large prospective study involving eight European countries investigated the association of total dairy product consumption and different types of dairy products with the incidence of type 2 diabetes. Results indicated that consumption of about two ounces of cheese compared with less than half an ounce was associated with a significant 12 percent lower risk of type 2 diabetes. The same results occurred with the highest combined intake of fermented dairy products, including cheese, yogurt and thick fermented milk (>156 versus <27 grams/day). These relationships remained statistically significant after adjustment for a number of demographic, lifestyle and dietary factors. The intake of total dairy products was not associated with diabetes, either positively or negatively.

Few studies have examined specific types of dairy foods and their relationship to type 2 diabetes risk. The authors speculated that individual nutrients (e.g., calcium, magnesium), probiotics, fermentation mechanisms or specific saturated fatty acids found in cheese and other fermented dairy foods may provide this benefit. This study, conducted in European countries that have the highest dairy consumption in the world, adds to the accumulating evidence indicating that dairy foods may contribute to a reduced risk of type 2 diabetes.

Read more about the current research on dairy and diabetes in this [concise report](#).

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