



Dairy Lowers Metabolic Syndrome Risk

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ROSEMONT, Ill.—A diet rich in dairy products and calcium helps maintain metabolic health and reduce the risk of type 2 diabetes, according to a new study published in [Diabetes Care](#). The findings support previous research that associated dairy intake with a lower prevalence of obesity-related chronic diseases.

Researchers examined data from the Epidemiological Study on the Insulin Resistance Syndrome (DESIR), a 9-year prospective study that surveyed 3,435 individuals in France using a food frequency questionnaire at baseline and after three years. They examined dietary intake of dairy products excluding cheese, cheese specifically and overall calcium density of the diet. Results were adjusted to exclude confounding variables, including body mass index (BMI).

They found consumption of dairy products, including cheese alone, and the calcium density of the diet were associated with lower incidence of metabolic syndrome, a lower 9-year diastolic blood pressure and lower BMI gain over time. Consumption of dairy products other than cheese and the calcium density of the diet also were associated with reduced incidence of type 2 diabetes or impaired fasting glucose. Data also revealed higher cheese intake and the calcium density of the diet were associated with lower triglyceride levels and a lower 9-year increase in waist circumference.

“With approximately one-third of American adults meeting the criteria for metabolic syndrome, which includes risk factors for cardiovascular disease, there is a growing need to address this health issue,” said Gregory Miller, Ph.D., president of the U.S.-based Dairy Research Institute™ and executive vice president of the National Dairy Council®. “The findings in this study indicate that a diet including dairy could be part of the solution to help maintain metabolic health and reduce incidence of type 2 diabetes or impaired fasting glucose.”

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