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What's News in this Issue

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- ✓ **Milk Muscles Out Sugary Drinks and Boosts Nutrients**
- ✓ **Sugarcoated Diet Leaves Preschoolers Short on Nutrition**
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Fast Facts: Food and Beverage Choices at School

Tip Sheet: Putting the new Dietary Guidelines into Practice – Are You Eating Enough of These Super Foods?

Calories Climb and Milk is Overlooked When Kids Choose Sweetened Drinks

Researchers analyzed the diets of 1,548 children over a 21-year-period using data from the Bogalusa Heart Study. Trends in milk consumption, calorie intake and Body Mass Index (BMI) were identified among the groups of children who regularly drank sweetened beverages. On average, the children's BMI significantly increased over time in all groups regularly drinking sweetened beverages. In addition, milk consumption was significantly lower and calorie intake was significantly higher, in those with the highest intakes of sweetened beverages compared to those with low or no consumption of sweetened beverages. Researchers conclude that children's intake of sweetened beverages should be limited to allow for more milk intake which would improve the nutrient quality of children's diets and help kids keep calorie consumption in check.

Rajeshwari R, et al. Secular trends in children's sweetened-beverage consumption (1973-1994): The Bogalusa Heart Study. *Journal of the American Dietetic Association*. 2005; 105: 208-214.

Milk Muscles Out Sugary Drinks and Boosts Nutrients

Researchers at the University of Iowa say they are the first to conduct a large-scale investigation of the possible links between overall diet quality and consumption of dairy foods, 100% juice and added sugar beverages (juice drinks, regular soda, powdered beverages and sports drinks) in young children. The researchers surveyed parents of 645 children ages one to five participating in the Iowa Fluoride Study regarding their children's food and beverage intake. The findings indicate that as early as age two, children with higher milk intakes are less likely to consume beverages with added sugar and are more likely to get adequate amounts of key nutrients in their diets.

Marshall T, et al. Diet quality in young children is influenced by beverage consumption. *Journal of the American College of Nutrition*. 2005; 1: 65-75.

Sugarcoated Diet Leaves Preschoolers Short on Nutrition

The added sugar in preschoolers' diets may be why they end up falling short on nutrients. Researchers from Pennsylvania State University recently analyzed the diets of more than 5,000 two- to five-year-olds to see how added sugar intake affects diet quality. Results show that soft drinks, fruit drinks and desserts were the main sources of added sugar in preschoolers' diets. While most children consumed less than the maximum recommended amount of added sugar, as consumption of added sugar increased, the consumption of healthy food groups such as dairy foods, fruits and vegetables and nutrients decreased. Between 40% and 70% of preschoolers with the highest added sugar intake did not get enough calcium. The researchers express concern that even the recommended level for added sugar intake may have a negative effect on diet quality of preschoolers.

Kranz S, et al. Adverse effect of high added sugar consumption on dietary intake in American preschoolers. *Journal of Pediatrics*. 2005; 146: 105-111.

Why Do Kids Eat What They Eat?

A new review of research about children's eating behaviors indicates that the family and social environment strongly influence children's food intake, nutrition and attitudes about food and eating. In particular, studies have shown that children choose to eat the foods served most often and tend to prefer foods that are easy to eat (like apple wedges and carrot sticks), and that children and teens who eat meals with their family consume more healthy foods, including calcium-rich dairy foods, and fewer soft drinks.

The researchers suggest ways for parents to be a positive influence: Avoid trying to control children's eating by restricting intake of "bad" foods and encouraging intake of "good foods." Instead, provide a variety of healthy foods, make them easily accessible and ready-to-eat, and model healthful eating behaviors and attitudes. The researchers also point out that promoting healthier eating among children should include initiatives for children, parents, families and schools.

Patrick H, et al. A review of family and social determinants of children's eating patterns and diet quality. *Journal of the American College of Nutrition*. 2005; 24(2): 83-92.

Is Your Diet Making the Grade? Many Americans are Getting a 'D' for Dairy

Researchers at the University of Hawaii found that many African Americans and Latinos are not meeting Food Guide Pyramid recommendations, and dairy recommendations are the least likely to be met. The researchers used data from 74,853 food intake questionnaires completed by African-American, U.S.-born Latino, and Mexican-born men and women, ages 45-75 participating in the Multiethnic Cohort Study in Hawaii and Los Angeles in 1993-1996. The researchers found that 61 to 99 percent of people in these ethnic groups did not meet the recommendation of two to three servings of dairy each day. The researchers point out that because the current Food Guide Pyramid recommendations are based on 'mainstream' U.S. eating patterns and may therefore not include specific ethnic foods, educators need to more effectively communicate the recommendations to specific ethnic groups, especially African Americans.

{Editor's Note: The 2005 Dietary Guidelines for Americans and Food Guidance System recommend 3 servings of lowfat and fat free dairy foods a day for good health, and also recommends dairy foods, such as lactose-free milk for those with lactose intolerance. The 2004 National Medical Association Consensus Report called for African Americans to consume 3-4 servings of dairy a day to reduce the risk of chronic diseases.}

Sharma S, et al. Adherence to the food guide pyramid recommendations among African Americans and Latinos: Results from the Multiethnic Cohort. *Journal of the American Dietetic Association*. 2004; 104(12): 1873-1877.

FAST FACTS

The School Nutrition Environment

The February 2005 issue of the *Journal of the American Dietetic Association* focused on nutrition and the school food environment. Below are notable facts and figures from the studies published in this issue.

- ✓ Compared to sixth grade students who ate school lunch, sixth graders who chose food and beverages from school vending, school stores, and a la carte consumed 32% more fat, 32% less vitamin A, and 15% less calcium. (Templeton S, et al. Competitive foods increase the intake of energy and decrease the intake of certain nutrients by adolescents consuming school lunch. *Journal of the American Dietetic Association*. 2005; 105(2): 215-220.)
- ✓ Almost all parents and teachers surveyed believe schools should offer students more healthful food and beverages and most would limit or eliminate low-nutrient options such as candy and soft drinks. (Kubik, MY, et al. Soft drinks, candy, and fast food: What parents and teachers think about the middle school food environment. *Journal of the American Dietetic Association*. 2005; 105(2): 233-239.)
- ✓ The majority of high school students surveyed reported that student involvement improves efforts to promote nutrition and was important in changing the way teens eat. (Hamdan S. Perceptions of adolescents involved in promoting lower-fat foods in schools: Associations with level of involvement. *Journal of the American Dietetic Association*. 2005; 105(2): 247-251.)

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United Dairy Industry of Michigan is a local affiliate of the National Dairy Council. The National Dairy Council® was founded in 1915 and conducts nutrition education and nutrition research programs through national, state and regional Dairy Council organizations, on behalf of America's dairy farmers.

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