

Vol. 9 No. 1
(January/February/March 2005)

For more information, please contact:
Karen Giles-Smith, RD,
United Dairy Industry of Michigan
517-349-8480 x227 or kgs@udim.org

What's News in This Issue

- ✓ **Calcium's Weight Management Benefits are Internationally Recognized**
- ✓ **Milk May Ease Arthritis Pain**
- ✓ **Dairy Products Not Linked to Ovarian Cancer Risk**
- ✓ **Another Reason for Women to Wear a Milk Mustache**

Also in this issue:

Trend Watch: Milk in Plastic Bottles

NMA Recommends African Americans Drink More Milk

Research Overview: Dairy Research Dateline

Calcium's Weight Management Benefits are Internationally Recognized

Recently, international research has contributed to existing evidence that calcium, and specifically calcium from dairy products, plays a positive role in weight management. A study from Iran (1), published in the *International Journal of Obesity*, found that those who ate more dairy foods were less likely to be overweight than those who consumed less dairy foods.

At the 13th European Congress on Obesity in May 2004 (2), several presentations and research abstracts highlighted the dairy and weight loss connection. One report from Israel showed that women with slimmer waistlines consumed more dietary calcium than their study counterparts. Another study found that children in Italy, Hungary and Greece who ate more dairy daily were less overweight and had lower body fat when compared to children who had poor milk and dairy consumption. Additionally, a report from the Czech Republic found that adults on a low calorie diet lost more weight when they boosted their calcium intake, while other researchers showed that greater calcium intake may counteract weight gain, canceling out the effect of higher calorie intake.

While additional research is under way, many scientists agree that eating three servings of milk, cheese or yogurt each day promotes weight loss as part of a reduced-calorie diet. For more research supporting dairy's role in weight management, see "What the Science Says" on www.nationaldairycouncil.org.

(1) Mirmiran P, et al. Dairy consumption and body mass index: An inverse relationship. *International Journal of Obesity*. 2005; 29:115-121.

(2) 13th European Congress on Obesity. *International Journal of Obesity and Related Metabolic Disorders*. 2004; Supplement 1 (28).

Milk May Ease Arthritis Pain

Recent research suggests that drinking milk may reduce the pain associated with knee osteoarthritis. Osteoarthritis, commonly referred to as arthritis, is the most common joint disease and affects more than 80 percent of those ages 70 and older. In this observational study of 655 men and women age 50 and over, researchers looked at whether arthritis symptoms were related to consumption of dairy products, meat/poultry, fish, cereals, vegetables, tea and coffee. The researchers found that daily consumption of milk was associated with a lower frequency of pain, swelling and warmth –adding up to long-term arthritis relief.

Kacar C, et al. The association of milk consumption with the occurrence of symptomatic knee osteoarthritis. *Clinical and Experimental Rheumatology*. 2004; 22(4): 473-476.

Dairy Products Not Linked to Ovarian Cancer Risk

While studies looking at what we eat and its effect on ovarian cancer risk have been inconsistent, a recent study compared the diets of 442 women with ovarian cancer to the diets of 2,135 women in the general population. The results showed no association between ovarian cancer risk and intake of dairy products. Women who ate diets high in cholesterol and eggs had a slightly higher risk of ovarian cancer while those who ate the most vegetables had a somewhat reduced risk. *{Editor's Note: The 2005 Dietary Guidelines for Americans advise women to get three servings of dairy of day for good health.}*

Pan Sy, et al. A case-control study of diet and the risk of ovarian cancer. *Cancer Epidemiology Biomarkers & Prevention*. 2004; 13(9): 1521-1527.

Another Reason for Women to Wear a Milk Mustache

Researchers at Penn State University suggest that drinking milk may increase the availability of folate contained in other foods. Folate may help prevent heart disease and stroke and is especially important for women of childbearing age to reduce the risk of birth defects. In this study, 31 women ages 19-33 were divided into two groups and consumed low-folate diets for eight weeks. One group drank three servings of fat free milk per day while the other group ate apple juice and egg whites, and researchers analyzed blood samples to determine the impact. Results suggest that consuming at least three servings of milk every day may help boost the body's ability to utilize folate.

Picciano M, et al. Effect of cow's milk on food folate bioavailability in young women. *American Journal of Clinical Nutrition*. 2004; 80:1565-1569.

FAST FACTS

➤ **Kids Guzzle Bottles of Milk**

More than 1,400 schools have switched to single-serving milk bottles after a pilot test showed that children drink more milk when it is served in colorful plastic containers and a variety of fun flavors. Coverage of the trend has appeared on CNN, NBC, *Wall Street Journal* and TV and radio stations nationwide. For more information, visit <http://www.nutritionexplorations.org/sfs/pilot.asp>.

➤ **Toast Black History Month with a Glass of Milk**

According to a new Consensus Report by the National Medical Association (NMA), African Americans should get 3-4 servings of dairy a day to reduce the risk of certain chronic diseases. For tips on how to overcome the symptoms of lactose intolerance, visit www.nationaldairycouncil.org.

➤ **New Dietary Guidelines Based on Science**

The 2005 Dietary Guidelines for Americans recommend getting 3 servings of dairy each day. The enclosed Dairy Research Dateline provides an overview of nutrition science over the years leading up to the new government recommendation.

#

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.

To schedule an interview, call Karen Giles-Smith, United Dairy Industry of Michigan, 517-349-8480 x227.

For more information about cheese check out ilovecheese.com or for marvelous milk recipes, check out www.whymilk.com. For delicious dairy recipes visit www.3aday.org or for information on nutrition research, visit www.nationaldairycouncil.org.