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Dairy Boosts Nutrition, Not Weight, in Girls

Researchers at Creighton University Osteoporosis Research Center found that preteen girls who consumed twice as much dietary calcium (mainly from dairy foods) as the control group had more nutritious diets without gaining extra weight. Fifty-nine 9-year-old girls were divided into two groups: Over a two-year period, the calcium-rich group consumed an average of 1,656 mg of calcium per day, while the control group continued their usual diets. Results revealed that the girls in the calcium-rich food group had significantly higher intakes of calcium, protein, potassium, phosphorus, magnesium, and vitamins A and D – as well as higher calorie intakes – but did not experience greater increases in weight or body fat. The authors note that other studies have shown similar results, and although preliminary, this study, “... provides support for assuring girls that fear of excessive weight gain is not a reason to stop drinking milk.” *[Editor's note: Average calcium intake for girls 7 to 13-years-old is only 2/3 of the recommended level and only 55 percent for girls ages 14 to 18.]*

Lappe JM, et al. Girls on a high-calcium diet gain weight at the same rate as girls on a normal diet: A pilot study. *Journal of the American Dietetic Association*. 2004; 104: 1361-1367.

These Tummy-Trimming Foods Have Been In Your Fridge All Along!

Studies Find Dairy Foods, Fruit and Fiber Form Pattern that Promotes Healthy Weight

Researchers in Canada¹ found that *eating patterns* play an important role in tipping the scale in the right direction. The body weight and fat, diet and physical activity of 248 men and women were assessed. The researchers found that eating less fat, more whole fruits and dairy foods, specifically fat free and lowfat milk, was associated with less weight gain over time. In particular, consuming more milk and fruit may be helpful in weight loss or weight maintenance; while consuming high fat foods and simple sugars, such as sweetened beverages like soft drinks, may lead to weight gain.

In a separate study published in the *American Journal of Clinical Nutrition*², researchers analyzed the diets of 459 healthy men and women. Results showed a diet rich in reduced fat dairy foods (milk, cheese and yogurt) and high in fiber may help control age-related weight gain in women and gains in waist circumference in both sexes. The researchers speculate that these findings may be due to the effect fiber, carbohydrate, or calories have on appetite or the positive role that milk, cheese and yogurt may play in weight and body fat loss.

1. Drapeau G, et al. Modifications in food-group consumption are related to long-term body-weight changes. *American Journal of Clinical Nutrition*. 2004; 80: 29-37.

2. Newby PK, et al. Food patterns measured by factor analysis and anthropometric changes in adults. *American Journal of Clinical Nutrition*. 2004; 80: 504-13.

Re-Think Your Drink

What can be done to reduce obesity in the United States? Drinking fewer soft drinks and fruit drinks and getting three servings of dairy a day may help. Researchers explored the changes in beverage consumption of 73,345 individuals ages two and older between 1977 and 2001. The results showed the amount of energy that Americans are getting from soft drinks has nearly tripled since 1977, while the amount of energy from milk has declined about 30 percent. These changes took place most often in the home and led to an overall increase in calories. The authors note that the decrease in milk consumption is a critical public health issue. *[Editor's note: Milk, with its unique nutrient package of nine essential nutrients, may help maintain a healthy weight in addition to lowering high blood pressure and strengthening bones.]*

Nielsen J, et al. Changes in beverage intake between 1977 and 2001. *American Journal of Preventive Medicine*. 2004; 2 (3): 205-210.

Your Child's Low Calcium Intake May be a Hard Habit to Break

If your child isn't consuming enough calcium, it's likely this trend will continue into early adulthood, putting him or her at risk for osteoporosis later in life, according to a recent study at the Children's Nutrition Research Center at Baylor College of Medicine in Texas. When compared to current calcium recommendations, 88 percent of participants did not meet the recommendations at age ten, and 75 percent failed to do so in young adulthood. Including three servings of milk, yogurt or cheese in your child's diet each day will not only guarantee adequate calcium intake, but will also provide a powerful combination of eight essential nutrients for optimal health and well-being. *[Editor's Note: To get their recommended amount of calcium, children 9-18 years old need 4 servings of milk, cheese, or yogurt. One serving is equal to 1 cup of milk, 1 cup of yogurt or 1 ½ ounces of cheese.]*

Rajeshwari R, et al. Longitudinal changes in intake and food sources of calcium from childhood to young adulthood: The Bogalusa Heart Study. *Journal of the American College of Nutrition*. 2004; 23: 341-350.

Milk May Spell Relief for PMS

In addition to nutrients needed for growth and health, teens may find relief from Premenstrual Syndrome (PMS) in milk. In a new study, researchers evaluated the diets and PMS frequency and symptoms of 171 girls 10 to 17 years old. The researchers found that girls who consumed more milk, cheese and yogurt each day experienced PMS less frequently: they had less severe abdominal bloating and cramps, fewer food cravings for some foods and less of an increase in appetite. *[Editor's note: Earlier studies have indicated that calcium may relieve PMS symptoms; one study showed a 50 percent (approximate) reduction in symptoms.]*

Derman O, et al. Premenstrual syndrome and associated symptoms in adolescent girls. *European Journal of Obstetrics & Gynecology*. 2004; 116: 201-206.

*****Fast Fact*****

Surgeon General's Report on Bone Health: Prevention is Key

Half of all older Americans will have bone-thinning osteoporosis or be at high risk of getting it by 2020 -- unless they start strengthening their bones now by getting more calcium, vitamin D and exercise, according to the Surgeon General's Report on Bone Health and Osteoporosis released this October. The report recommends lifestyle changes for all Americans including regular physical activity and getting enough calcium and vitamin D by drinking three glasses of lowfat milk each day as a part of a balanced diet. For more information, visit:

www.surgeongeneral.gov or www.nationaldairycouncil.org.

Fact Sheet: First-Ever Dietary Recommendations for Potassium

In addition to calcium, milk and dairy foods are excellent sources of vitamin D and potassium, among other important nutrients. In fact, dairy foods are one of the richest food sources of potassium (for more information, refer to the *Institute of Medicine Sets First-Ever DRI for Potassium* fact sheet in this mailing).

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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.

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

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