

Association of Dairy Consumption with Metabolic Syndrome, Hypertension and Diabetes in 147,812 Individuals from 21 Countries

Bhavadharini B, Dehghan M, Mente A, et al. *BMJ Open Diabetes Research and Care* 2020; 8:e000826.

Funded by the Population Health Research Institute and contributions from numerous companies and organizations, including an unrestricted grant from National Dairy Council.



Study Overview:

The Prospective Urban Rural Epidemiology (PURE) study including 147,812 individuals (aged 35-70 years) from 21 countries and five continents found that those who ate at least two servings of dairy a day compared to those who ate no dairy had a 24% lower prevalence of metabolic syndrome (MetS). The prevalence was even lower (28%) among those who ate at least two servings of whole-fat dairy compared to those who ate no daily dairy.

The researchers also found an 11% and 12% lower incidence of hypertension and diabetes respectively for those who consumed at least two servings of dairy a day compared to those who ate no dairy. The incidence was even lower for both conditions (13% and 14%) if more than three daily servings of dairy were consumed instead of two.

> 2 daily servings of whole-fat dairy foods linked to

≥ 2 daily servings of dairy foods linked to



Metabolic Syndrome

Diabetes

Hypertension

“If these findings are confirmed by large randomized trials, increasing dairy consumption may represent a feasible and low-cost approach to reducing MetS, hypertension, diabetes, and ultimately cardiovascular disease events worldwide.” – The Study Authors



National Dairy Council's (NDC) mission is to bring to life the dairy community's shared vision of a healthy, happy, sustainable world with science as our foundation. On behalf of America's dairy farmers, NDC strives to help people thrive at every age through science-based information on dairy's contributions to nutrition, health and sustainable food systems.

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3 Easy Ways to Meet Dairy Recommendations

Milk With Meals

Enjoying milk with breakfast, lunch and dinner is an easy way to enjoy three servings of dairy every day.

Have a Plant With Dairy

About 9 out of 10 people fall short on dairy and vegetable recommendations. Pairing dairy with plants brings nutrients, taste and texture to the plate.

The Dairy Trifecta

Striving for a serving of milk, cheese and yogurt each day is a great way to enjoy all that dairy has to offer.

Did You Know?

You can allow for some fat flexibility and make one of your three daily servings of dairy whole fat – like whole milk, yogurt or cheese – and still fall within recommendations for saturated fat.²

What about Lactose Intolerance?

People respond differently to lactose intolerance. Often people can tolerate varied amounts of lactose. Aged and natural cheese and yogurt are nutrient-rich options in addition to lactose-free milk.

Try it

Opt for lactose-free cow's milk and milk products. They are real milk products, just without the lactose.

Sip it

Start with a small amount of milk daily. Increase slowly over several days or weeks.

Stir it

Mix milk with other foods to help slow lactose digestion.

Slice it

Top sandwiches and crackers with natural cheeses (e.g., Cheddar) which contain small amounts of lactose.

Spoon it

Enjoy yogurt. Its live and active cultures help digest lactose.

Pomegranate Smoothie

Makes 4 Servings | Total Time 8 minutes

Ingredients

- 1 banana
- 2 cups (16 ounces) plain yogurt
- 1 cup pomegranate juice
- Pomegranate seeds (optional)

Instructions

1. Wrap peeled banana in plastic wrap and freeze 3 hours or until frozen.
2. Unwrap banana, break into chunks and place in a blender with the yogurt and juice. Cover and blend until smooth; pour into 4 glasses to serve.
3. Top with pomegranate seeds if desired.

References

1. Bhavadharini B, Dehghan M, Mente A, et al. Association of Dairy Consumption with Metabolic Syndrome, Hypertension and Diabetes in 147,812 Individuals from 21 Countries. *BMJ Open Diabetes Research and Care*. 2020;8:e000826.
2. Hess J, Cifelli C, Nicholls J, Fulgoni V, et al. Abstract P356: Modeling the Impact of Flexibility in Fat Levels of Dairy Foods Consumed to Meet Recommendations From the 2015 Dietary Guidelines for Americans Healthy U.S.-style Eating Pattern. *American Heart Association*. 2020;141:P356.

