

# 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.

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## 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.



## 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.

## 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.<sup>2</sup>

## 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.