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Dialing Up the Dairy Helps Burn More Fat
New Study Gives Insight into the Dairy and Weight Loss Link

Rosemont, Ill., January 18, 2006 –A new clinical trial published today in *Obesity Research* (the journal of NAASO, the Obesity Society) provides more insight into why consuming dairy foods is linked to weight and fat loss. This well-controlled study found that when exercising adults on a slightly reduced-calorie diet consumed 3 to 4 servings of dairy foods daily, their metabolism changed so that their bodies burned more fat than they did when they had one serving of dairy under the same conditions.¹

“The design of this study is very strong as all of the subjects consumed both diets at different times and served as their own controls,” noted Edward Melanson, Ph.D., lead investigator and assistant professor of medicine at the University of Colorado. “Our data suggest that when you restrict calories slightly and increase calcium intake by increasing the number of low-fat dairy servings, the amount of fat you burn over 24 hours is increased. However, the precise explanation of how increasing dairy servings impacts fat metabolism and body weight is still unclear.”

The study included overweight men and women, ages 20 to 50, who usually exercised less than three hours a week. Over the course of seven weeks, the subjects participated in four one-week periods in which they consumed either a low-dairy diet or a diet including 3-4 servings of dairy foods each day. Several times during the study, participants’ rate of fat oxidation (burning) was measured over a 24-hour period in a room calorimeter, an enclosed area in which very specific measurements can be taken. Room calorimeter studies are usually done with only a few subjects, but this current study included 19 men and women, a particularly large group for this kind of study.

This research shows how reducing calories and exercising while consuming adequate dairy foods can help improve the body’s ability to burn fat which may lead to the loss of body fat as seen in

weight loss studies.^{2,3,4} In fact, this is the third study in the last six months to add support to the body of research showing a connection between dairy and weight-management.^{1,4,5}

“If weight loss is the goal, then striving to consume enough dairy products to meet the recommendations for calcium may be beneficial in terms of weight loss. A few other studies have shown that there may also be beneficial effects on cholesterol,” noted Dr. Melanson. “For most people, this would be about 2-4 servings of low-fat dairy foods each day.”

For more information on the nutritional benefits of dairy foods, visit www.nationaldairycouncil.org. To read about real consumers’ experiences in enjoying dairy while losing weight and for delicious and nutritious recipes and tips on how to get 3-A-Day of Dairy, visit www.3aday.org.

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The American Dairy Association/National Dairy Council (ADA/NDC) is managed by Dairy Management Inc., the nonprofit domestic and international planning and management organization responsible for increasing demand for U.S.-produced dairy products on behalf of America’s dairy farmers.

Source:

1. Melanson E, et al. Effect of low- and high-calcium dairy based diets on macronutrient oxidation in humans. *Obesity Research*. 2005; 13(12): 2102-2112
2. Zemel M.B., et al. Dairy augmentation of total and central fat loss in obese subjects. *International Journal of Obesity*. January 2005; 29(1): 1-7.
3. Zemel MB, et al. Dietary calcium and dairy products accelerate weight and fat loss during energy restriction in obese adults. *Obesity Research*. 2004; 12(4): 582-590.
4. Zemel M, et al. Effects of calcium and dairy on body composition and weight loss in African-American adults. *Obesity Research*. 2005 13(7): 1218-1225.
5. Gunther CW, et al. Fat oxidation and its relation to serum parathyroid hormone in young women enrolled in a 1-y dairy calcium intervention. *American Journal of Clinical Nutrition*. 2005; 82:1228 –34.

Editor's Note:

For more information about the study or to schedule an interview with a National Dairy Council spokesperson please call the NDC Media Hotline at (312) 240-2880. The NDC Hotline is staffed by a registered dietitian between the hours of 10 a.m. – 6 p.m. EST, Monday – Friday, excluding holidays.