



April 12, 2016 – Grand Rapids, MI

## Recent Research: Milk and T2D

Health news headlines got my attention this past week. They announced that full-fat milk products may reduce the risk of type 2 diabetes and becoming overweight. I don't know about you, but it's been decades since I drank whole milk or ate whole-fat yogurt or ice cream. It's not just about the calories; it just doesn't seem to taste as good. Have I been missing something? Headlines tend to exaggerate, especially when they're based on press releases. Let's take a look at the first study behind the headlines.



In the first paper, researchers examined the data from both the Nurses Health Study and the Healthcare Professionals Follow-up Study. They examined blood samples taken in the 1990s for fatty acids that would typically come from eating and drinking milk products. In a sub-sample of subjects, those who had higher fatty acids from milk products in their plasma and blood cells had a reduced rate of type 2 diabetes an average of 15 years later.

We'll take a look at the second study on Thursday.

What are you prepared to do today?

***Dr. Chet***

References: [circ.ahajournals.org/content/early/2016/03/22/CIRCULATIONAHA.115.018410](http://circ.ahajournals.org/content/early/2016/03/22/CIRCULATIONAHA.115.018410)

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