



April 14, 2016 – Grand Rapids, MI

Recent Research: Milk and Obesity

The second research paper included in many news articles that talked about the potential benefits of full-fat dairy products was a report from the Women's Health Study (1). Researchers collected dietary data and self-reported body weight and height from over 39,000 women. The analysis included only about 18,000 middle-aged and older women who had a normal BMI when the study began; they analyzed the change in body weight over 11 years of follow up.

All women gained weight over time. Those who had the highest number of high-fat dairy products gained less weight than those who used low- or nonfat dairy products. Of the 18,000 women with normal BMI in the beginning of the study, just over 8,000 became overweight or obese over the duration of the study.

Is it time to switch back to whole milk and cheese? I'll give you the Bottom Line on Saturday.

I'm repeating the [Nutrition During Cancer Treatment](#) webinar next Wednesday. Diet, exercise, supplements, conventional treatments—this is your chance to know what to do when this disease strikes you or someone you care about.



What are you prepared to do today?

Dr. Chet

Reference: Am J Clin Nutr 2016;103:979–88.

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