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


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.

"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

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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 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.

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