

Milk and Dairy Products Intake and Metabolic Syndrome

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Cow's milk and dairy products, which are rich in nutrients and superior sources of Ca, are recommended to consume for prevention of osteoporosis. Meanwhile, Cow's milk contains energy, fat, and cholesterol, and that causes misunderstanding for some consumers to believe that its consumption is related to the risk of obesity and increase in blood cholesterol. Cow's milk consumption is decreasing especially in young females who like to be slim.

It has been reported that cow's milk and dairy products have benefits not only for bone health but also for other aspects in human health including regulation of body fat increase. Recently, two articles were published on the relationship between dairy products consumption and metabolic syndrome, whose prevention is highlighted as a key health issue.

Azadbakht L. *et al.* showed that the risk of metabolic syndrome and the number of population high in a waist circumference and hypertension, as well as low in blood HDL-cholesterol were reduced when dairy products consumption increased in Iran. Liu S. *et al.* also showed the effects of dairy products or Ca in preventing metabolic syndrome at the US Women's Health Study.

Those two reports showed that increase in the consumption of dairy products or Ca did not influence on blood triglyceride, however, it may contribute to preventing metabolic syndrome by reducing waist circumference, low HDL cholesterolemia, hypertension, and glucose tolerance. As the subjects of those two reports are different in race and have different dietary habit from the Japanese, so it is required to conduct such studies in Japan.