



Milk, Body Mass and Composition



Cross-sectional and intervention data suggest that milk may have a beneficial role in body mass control and body composition in children



The majority of data suggests milk does not adversely affect body mass or body composition in children. In some cases, milk even appears to offer a protective effect against unfavourable changes in body mass and body composition whereas the opposite appears true for fruit-juice and sugar-sweetened beverages (SSB).

Milk lowers body mass, BMI, percentage body fat and waist circumference.



Fruit-juice and SSB raises body mass, BMI, percentage body fat and waist circumference.



From 27 available studies, 11 supports an association between milk and body composition. 15 show no effect, and only 1 showed milk increased body weight.

5 of these studies were robust intervention studies. From these, 2 showed increased lean mass and beneficial changes in body composition, whereas 3 showed a neutral effect of milk on body mass and body composition



Key Scientific Papers

- Lu et al. (2016) *Eur J Clin Nutr.* 70: 414-423.
- Dror (2014) *Obes Rev.* 15: 516-527.
- Dror & Allen (2014). *Nutr Rev.* 72: 68-81.
- Noel et al. (2011) *J Nutr.* 141: 2035-2041.

* The present infographic is based on evidence from twenty-seven available studies in 5-11-year-old children. While additional research is needed to better understand the relationship between milk consumption and body mass maintenance in children, the current research continues to show that milk provides important nutrients to the diets of children without adversely. Although there is a host of literature concerning milk consumption on body mass and body composition, there remains scope for further controlled intervention studies.