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**STUDIES SHOW: LOSE FAT, GAIN LEAN MUSCLE**

***New research shows African Americans lose more weight and body fat with dairy on their menu***

Rosemont, Ill., July 29, 2005 – Most people don't realize when a person loses weight, they lose fat *and* muscle, but new research indicates dairy may actually help dieters keep the muscle and lose even more fat. Two clinical trials of obese African-American adults published today in *Obesity Research*<sup>1</sup> reveal that including 3 servings of dairy daily results in greater fat loss and in either keeping or increasing lean mass. When following a reduced-calorie diet, participants lost twice as much weight and fat when consuming more dairy.

**Weight Maintenance Study**

In the first study, 34 African-American adults were placed on a diet to maintain their current weight and assigned to one of two groups – low dairy or high dairy intake. After 24 weeks, participants eating 3 daily servings of dairy had noticeable body fat loss and lean mass gain, versus the group eating 0-1 servings of dairy, which saw virtually no change.

In addition, the subjects in this trial who consumed more dairy had significant decreases in blood pressure and circulating levels of insulin, suggesting an association between dairy intake and reduced risk for hypertension and symptoms of type 2 diabetes, respectively.

**Weight Loss Study**

In the second study, 29 African-American adults were placed on reduced-calorie diets, and randomly assigned to either a low dairy (0-1 servings/day) or high dairy (3 servings/day) diet.

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The average weight loss for the group eating 3 servings of dairy was nearly twice that of the group eating less dairy (total weight loss for dairy was 24.2 pounds vs. 13.1 pounds). Average body fat loss in the high dairy group was more than twice that of the low dairy group (total fat loss for high dairy was 20.0 pounds vs. 8.7 pounds).

“After 24 weeks we found that participants eating 3 daily servings of dairy preserved lean mass, which includes muscle, while losing about twice as much weight and fat compared to those eating 1 daily serving,” said lead researcher Michael Zemel, Ph.D., professor of nutrition, director of the Nutrition Institute, University of Tennessee.

### **Snapshot for African Americans**

- Nearly half of all African Americans consume less than one dairy serving daily<sup>2</sup> which may lead to inadequate intake of important nutrients.
- More than 60 percent of African-Americans are overweight<sup>3</sup>
- Twenty-seven percent of men and nearly 50 percent of women are obese<sup>3</sup>
- One in three African-Americans suffer from high blood pressure<sup>3</sup>
- 2.7 million or 11.4 percent of all African-Americans age 20 years or older have type 1 or 2 diabetes<sup>4</sup>

### **Additional Quotes**

- “This research by Dr. Zemel indicates adults consuming three servings of dairy daily as part of a healthy diet may help reduce risk for some obesity-related chronic diseases that disproportionately affect the African-American population, such as type 2 diabetes and high blood pressure,” said National Medical Association president Winston Price, M.D.
- “There are many benefits to eating three servings of dairy a day and those African Americans with lactose intolerance should not shy away from milk, cheese and yogurt,” said Terri Verason, registered dietitian, National Dairy Council. “Yogurt and aged cheeses like Cheddar are naturally low in lactose and by consistently introducing more and more milk into the diet slowly, dairy can easily be enjoyed while bringing benefits of lower blood pressure, improved bone health and healthier weight.”

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For more information on the nutritional benefits of dairy foods, visit [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org). In addition, delicious recipes and tips on how to get 3-A-Day of Dairy are available at [www.3aday.org](http://www.3aday.org).

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The American Dairy Association/National Dairy Council (ADA/NDC) is managed by Dairy Management Inc., the nonprofit domestic and international planning and management organization responsible for increasing demand for U.S.-produced dairy products on behalf of America's dairy farmers.

**Sources:**

1. Zemel M, et al. Effects of calcium and dairy on body composition and weight loss in African-American adults. *Obesity Research*. 2005 13(7): 1218-1225.
2. Wooten, W.J. and Price, W. Consensus Report of the National Medical Association: The Role of Dairy and Dairy Nutrients in the Diet of African Americans. *Journal of the National Medical Association*. 2004;96(12):1S-31S.
3. National Center for Health Statistics. Health, United States, 2004. With Chartbook on Trends in the Health of Americans. Hyattsville, Maryland: 2004. [http://www.cdc.gov/nchs/data/04trend.pdf#069](http://www.cdc.gov/nchs/data/hus/04trend.pdf#069)
4. American Diabetes Association. <http://www.diabetes.org/about-diabetes.jsp>
5. Dairy Consumption and Lactose Intolerance among African Americans, as yet unpublished quantitative consumer research study conducted among a nationally representative sample of African American adults by NPD Foodworld.
6. NPD Group Diet Intake Estimation Tool (DIET) database

**Editor's Note:**

For more information about the study or to schedule an interview with a National Dairy Council spokesperson, please call the NDC Media Hotline at (312) 240-2880. The NDC Hotline is staffed by a registered dietitian between the hours of 10 a.m. – 6 p.m. EST, Monday – Friday, excluding holidays.