

Beneficial Link Between Dairy Consumption and Body Weight/Composition

Abargouei AS et al. Effect of dairy consumption on weight and body composition in adults: a systematic review and meta-analysis of randomized controlled clinical trials. Int J Obes (Lond) 2012;36:1485-1493.

Study Design

- **Meta-analysis of RCTs**
- **PubMed, ISI Web of Science, SCOPUS, Science Direct and EMBASE databases were searched from 1960 to 2011**

Eligibility Criteria

- **RCT**
- **Adult participants (≥ 18 years)**
- **Dairy as main variable of exposure**

Included Studies

- **14 RCTs**
 - **5 with energy restriction**
 - **9 without energy restriction**
- **883 participants**
- **Study duration of 8 to 144 weeks**

Objective

To summarize the published evidence from randomized controlled trials (RCTs) regarding the link between dairy consumption on weight, fat mass, lean body mass and waist circumference in adults.

Results

Among trials that looked at diets with energy restriction, compared to the energy-restricted control diets, **high-dairy diets** resulted in:

- **Body weight: 1.29 kg [2.8 lbs] greater reduction**
- **Fat mass: 1.11 kg [2.4 lbs] greater reduction**
- **Lean body mass: gain of 0.72 kg [1.58 lbs]**
- **Waist circumference: 2.43 cm [0.96 in] additional reduction**

Conclusion

Energy-restricted (weight loss) diets that include dairy products have a more favorable association on weight loss, fat mass, lean body mass and waist circumference.



<https://bit.ly/Abargouei2012>