

HOARD'S DAIRYMAN

More good news for whole milk

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It's always encouraging to see another study adding to the growing body of research supporting whole milk.

The newly published Canadian CHILD Cohort Study found that children who regularly drank whole milk at age 5 had lower body fat, smaller waist circumferences, and a lower likelihood of obesity by age eight than children who drank skim milk. Even after accounting for differences in diet, physical activity, and other lifestyle factors, the findings remained consistent.

Like all observational research, this study doesn't prove that whole milk directly caused those outcomes. But it adds to a growing body of evidence suggesting that whole milk may not contribute to childhood obesity and may help support healthy body composition

during childhood.

That's welcome news because nutrition science constantly evolves. For years, discussions about milk often centered on individual nutrients such as saturated fat. Today, researchers increasingly recognize that dairy foods are more than the sum of their individual nutrients. Instead of evaluating one nutrient in isolation, scientists are studying how the unique combination of protein, vitamins, minerals and milkfat work together to help support health.

Helping make sense of research like this is an important part of your dairy checkoff investment through the farmer-founded [National Dairy Council](#) (NDC).

The findings of this study add to a growing body of evidence that NDC monitors, evaluates, and translates for healthcare professionals, thought leaders, and consumers. Along with supporting our own research, we help ensure emerging science is viewed in the context of the total body of evidence so decisions about dairy foods are based on the full scientific picture rather than a single study.

This matters because scientific evidence helps inform dietary guidance and healthcare recommendations and builds consumer confidence. Studies such as this add another piece to the puzzle, and NDC helps ensure those findings reach thought leaders.

Research is a long-term investment that helps us learn more about how dairy foods help support health, strengthening dairy's reputation and giving consumers more reasons to believe in the nutritious foods farmers produce.

No single study defines dairy's nutrition story. But together, studies like this continue to reinforce the growing body of evidence showing that milk is a nutrient-rich food that can be part of healthy eating patterns.

That's good news for families, and it's good news for the dairy farmers who work every day to produce it.

To learn more about your national dairy checkoff, visit [DairyCheckoff.com](#) or send us [an email](#).

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