

# DAIRY & CARDIOMETABOLIC OUTCOMES

A systematic review by Canadian researchers concludes that dairy may reduce the risk of cardiometabolic-related outcomes.

## ABOUT THE STUDY

The study aimed to determine:

- if the consumption of dairy products is detrimental, neutral, or beneficial to cardiometabolic health;
- if the recommendation to consume reduced-fat as opposed to regular-fat dairy is evidence-based.

The review included 21 meta-analyses of prospective cohort studies on the association between dairy consumption and cardiometabolic-related outcomes.

## HIGHLIGHTS

**1** There is no evidence that any type of dairy product is detrimentally associated with the risk of cardiometabolic-related outcomes;

**2** The consumption of milk products has either a **neutral or favourable association** on cardiometabolic-related outcomes;

**3** There is no evidence that the consumption of **dairy fat or regular/high-fat dairy** is detrimental to cardiometabolic-related outcomes.

## MAIN RESULTS

Summary of the associations between dairy consumption and cardiometabolic-related outcomes

	CVD	CHD	STROKE	HYPERTENSION	METS	T2D
ALL DAIRY	●	●	●	●	●	●
REGULAR/HIGH-FAT DAIRY	●	●	●	●	●	●
LOW-FAT DAIRY	●	●	●	●	●	●
MILK	●	●	●	●	●	●
CHEESE	●	●	●	●	●	●
YOGURT	●	●	●	●	●	●
FERMENTED DAIRY	●	●	●	●	●	●

● = FAVOURABLE; ● = NEUTRAL; ● = UNCERTAIN (very low quality of evidence); CVD = CARDIOVASCULAR DISEASE; CHD = CORONARY HEART DISEASE; METS = METABOLIC SYNDROME; T2D = TYPE 2 DIABETES

There is **high-quality evidence** for the association between:

- All dairy and **REDUCED** hypertension risk;
- Low-fat dairy and **REDUCED** T2D risk;
- Yogurt and **REDUCED** T2D risk.

There is **moderate to high quality evidence** that:

- Cheese has a **NEUTRAL** effect on CVD risk;
- Cheese is associated with **REDUCED** stroke and T2D risk;
- Regular/high-fat dairy is **NEUTRAL** in terms of CHD, stroke, hypertension and T2D.

“The recommendation to focus on low-fat in place of regular/high-fat dairy is currently not evidence-based.”

– Jean-Philippe Drouin-Chartier et al.



BROUGHT TO YOU  
BY OUR DIETITIANS

REFERENCE: Drouin-Chartier JP et al. Systematic review of the association between dairy product consumption and risk of cardiovascular-related clinical outcomes. *Adv Nutr* 2016;7:1026-1040.

Supported by the Dairy Research Consortium (Dairy Farmers of Canada, Centre national interprofessionnel de l'économie laitière [CNIEL], Dairy Research Institute, Dairy Australia Ltd., Dutch Dairy Association, Danish Dairy Research Foundation). As per the research agreement, aside from providing financial support, DRC has no role in the design and conduct of the studies, data collection and analysis or interpretation of the data. Researchers maintain complete independence in conducting their studies, own their data, and report the outcomes regardless of the results. The decision to publish the findings rests solely with the researchers.

April 2017