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MILK PRODUCTS MAY HELP IN THE PREVENTION OF TYPE 2 DIABETES



Evidence from **several recent meta-analyses** of prospective cohort studies suggests that the consumption of milk products is associated with a reduced risk of developing type 2 diabetes (T2D)

KEY POINTS

Author	# studies	 Men and women aged 20-88
Aune D et al., 2013 ¹	17	526,482
Gao D et al., 2013 ²	16	526,998
Chen M et al., 2014 ³	14	459,790

Total and low-fat dairy products are associated with a *decreased* risk of T2D.

High-fat dairy products are not associated with T2D risk.

Fermented dairy products, such as yogurt—both plain and sweetened—and cheese, seem to be associated with a *decreased* risk of T2D.



POTENTIAL MECHANISMS

Milk products play a beneficial role in healthy weight, blood pressure, insulin sensitivity and glycemic control.⁴

Several components may be involved in the mechanisms that help prevent T2D:⁵⁻⁸

Calcium and vitamin D improve insulin sensitivity and beta-cell function

Milk proteins, e.g. whey protein and bioactive peptides, improve glycemic and blood pressure control

Dairy fatty acids, e.g. *trans*-palmitoleic acid (*trans* 16:1 n-7) and pentadecanoic acid (15:0) are associated with reduced risk of T2D

Despite these promising findings, there is a need for additional research from well-designed clinical trials.



Learn more about milk products and T2D at dairynutrition.ca/diabetes

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