Project

Role of dairy products on body weight and metabolic health in families

DAIRY RESEARCH CLUSTER 3
FOR A PRODUCTIVE, INNOVATIVE AND SUSTAINABLE SECTOR

Principal Investigators:
Angelo Tremblay and Vicky Drapeau (Université Laval)

Co-Investigators:
Sylvie Turgeon, Vincenzo Di Marzo (Université Laval), Éric Doucet (University of Ottawa)

Collaborators:
André Marette, Jean Doré (Université Laval), Marion Hetherington, Graham Finlayson (University of Leeds – England)

National Dairy Research Strategy investment priority targeted:

- Role of dairy products, especially full-fat and specific dairy food matrices (milk, yogurt and cheese), on cardiometabolic health and healthy aging, including:
  - Prevention of type 2 diabetes, metabolic syndrome, hypertension, cardiovascular disease
  - Weight and body composition, satiety
  - Risk factors: blood lipids, blood pressure, glycemic control, inflammatory markers
- Role of sugar-sweetened milk and yogurt on diet quality and cardiometabolic health, including:
  - Weight and body composition

DURATION: 2019-2023
TOTAL BUDGET: $660,000

Why this research is important:

Obesity is a global epidemic and prevalent in Canada. A growing body of research has shown that dairy products may reduce the risk of weight gain and obesity. However, this research is limited and mainly in the form of prospective cohort studies (i.e. studies that follow a group of people over time to determine how certain factors affect them for the outcomes being measured). Scientific research in the form of randomized controlled trials (RCTs), which can prove "cause and effect" relationships, are needed to provide high level evidence for developing dietary guidelines and policies.

Research objective:

Determine the impact of dairy products (regular fat and lower fat) on weight management in families consisting of adults and children.

Project overview:

This project will examine the effect of dairy products on body weight and appetite control, diet quality and metabolic health in normal weight/obese adults (18-55 years) and children (8-16 years) using an innovative web-based approach. Specifically, the project will use a web-based program to assess the impact of integrating dairy products into the diets of families with normal weight and obese adults and children, under free-living conditions. The web-based program will be used to measure overall dairy consumption; dairy variety and diet quality; body weight and appetite control; reported energy intake; food preference and eating behaviors; and cardiometabolic risk factors (e.g. glycemic control, blood lipids).

Expected outcomes:

This project will contribute strong evidence regarding the impact of dairy products consumption on weight management. The data may support health claims related to the beneficial effects of consumption of dairy products on weight management, which may have the potential to increase demand for dairy products.

FUNDING PARTNERS:

CANADIAN AGRICULTURAL PARTNERSHIP
DAIRY FARMERS OF CANADA
Canada

NOTE: As per the research agreement, aside from providing financial support, the funding partners have no decision-making role in the design and conduct of the studies, data collection and analysis or interpretation of the data. Researchers maintain 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.