

# 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 ( $\geq 18$  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>