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Increasing Dietary Calcium May Help Weight Loss

Recent data suggests that dietary calcium intake is associated with lower weight and body fat levels, as well as more desirable cholesterol levels.

Women who consumed less than 600 mg of calcium a day were found to have higher body weight and body fat than women who consumed higher amounts of calcium.

Furthermore, both men and women who consumed an average of at least 1,000 mg of calcium a day had "healthier" cholesterol levels (with respect to the ratio of total cholesterol to HDL cholesterol) than those who consumed less than 600 mg of calcium a day.

The study was based on data obtained from 235 men and 235 women ages 20-65. According to 3-day dietary records, the men and women got a majority of their calcium from dairy foods including milk, cheese, yogurt and ice cream.

The researchers state that their findings on calcium and body weight are consistent with previous studies, but note that their study is the first to show a difference in cholesterol levels and calcium intake.

A growing body of research indicates that dairy foods and calcium may help people maintain healthy weight and body fat levels.

For more information on the research, check out the Dairy Council Digest titled "Weight Control: An Emerging Beneficial Role for Dairy" on www.nationaldairycouncil.org _Jacqmain, M, et al. Calcium intake, body composition, and lipoprotein-lipid concentrations in adults. American Journal of Clinical Nutrition. 2003.