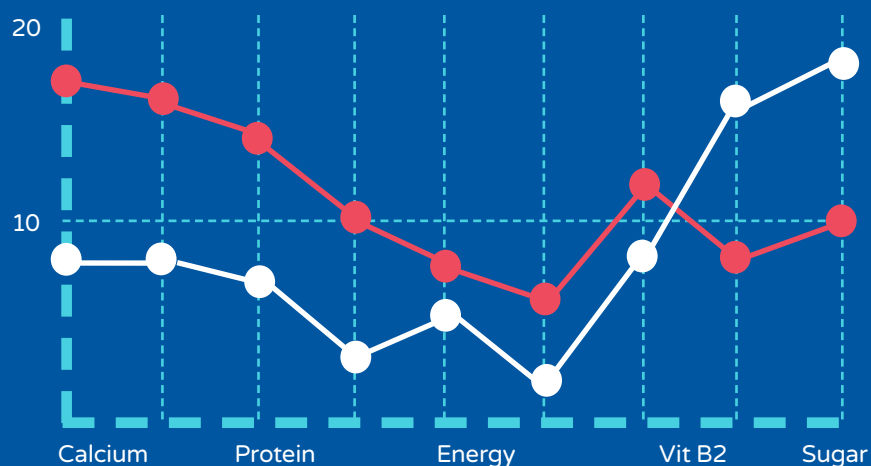


Milk and Nutritional Status

Milk is considered a food of rich nutritional value. Cross-sectional data suggests regular milk improves the overall dietary of children's diet.



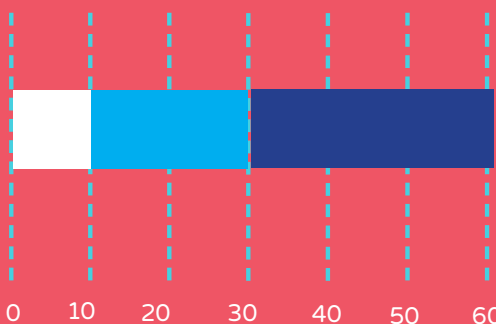
Many studies in children report that diets characterised by high milk intake (both plain and flavoured milk) are more likely to meet dietary recommendations for many nutrients, and thus have a better nutritional status. So much so that it is very difficult for individuals to meet nutrient requirements if milk is absent from the diet.

Children who display low milk intakes generally have high sugar-sweetened beverage intakes and lower protein, fibre, calcium, magnesium, potassium, and phosphorous intakes.

Key Scientific Papers



- Fayet-Moore (2015) Nutrition Reviews. 74(1):1-17.
- Rangan et al. (2012) J Am Coll Nutr. 31(3):185-193
- Henry et al. (2015). Appl Physiol Nutr Metab. 40:245-250
- Florito et al. (2010) J Am Diet Assoc. 110:543-550.
- Murphy et al. (2008). J Am Diet Assoc. 108:631-639



Overall, findings from the literature confirm that the consumption of milk (plain and flavoured) greatly improves the nutritional status of children and might be a marker for healthier eating habits.

*The present infographic reports evidence from twelve available studies in 5-11-year-old children. All twelve available studies confirm that the consumption of milk (plain and flavoured) significantly improves nutritional status and might be a marker for healthier eating habits. Based on the methodological approach exercised by the studies included in this section, there appears to be a need to assess the influence of milk consumption on nutritional status in controlled studies.