



Milk and Cognition



Early findings from intervention studies suggest milk may have a beneficial effect on cognitive function in children.



In one study, milk intake increased short-term memory in children. Specifically, children were able to recall 0.7–0.8 more words after drinking milk compared with 0.5 fewer words after a carbohydrate drink.

In a larger study, daily mid-morning milk (250 mL) consumption had beneficial effects on academic performance

This remains true in adolescents. Recent evidence illustrated increased milk intake may be associated with academic performance and increased motivation for learning



Key Scientific Papers

Brindal et al. (2013) *British Journal of Nutrition*. 110(03):529-37.

Rahmani et al. (2011) *Journal of Research in Medical Sciences*. 16(4).

Kuriyan et al. (2016) *Clinical Nutrition*. 35(1):190-8.

Kim et al. (2016) *Nutrition Research and Practice*. 10(2):198-205.



Together these findings have relevant educational implications, yet further work is certainly needed as only 3 intervention studies have been conducted to date. Based on the available evidence, however, one could assume daily milk intake may result in better classroom behaviour and consequently impact on learning and academic achievement.