

Milk and Hydration Status

Milk is composed of 87% water and is therefore a great beverage for hydration purposes. Early findings suggest milk helps improve the hydration status of children.



Children are at greater risk of dehydration compared to adults. Therefore staying hydrated is very important for children, and holds many health-related implications.

In the only two intervention studies, milk was more effective than both water or a carbohydrate-electrolyte drink at replacing fluid loss after exercise, and thus improving hydration status.

It is also reported that milk intake is a significant dietary predictor of hydration status in children.

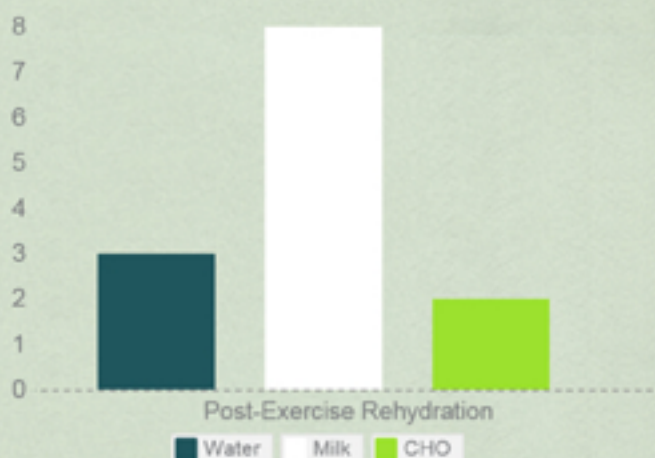


Key Scientific Papers

Volterman et al. (2014) *Applied Physiology, Nutrition, and Metabolism*. 39(11):1257-64.

Volterman et al. (2016) *Pediatric Exercise Science*. 28(2).

Montenegro-Bethancourt et al. (2003) *American Journal of Clinical Nutrition*. 98(4): 1103-12



While these preliminary findings suggest milk helps improve the hydration status of children, there remains considerable room for further studies to clarify the role of milk in hydration, especially in a free-living school setting.

* The present infographic is based on evidence from three available studies in 5-11-year-old children. Two studies were intervention based and the other was cross-sectional. All, however, confirm that the consumption of milk improves the hydration status of children. Nevertheless, it should be considered that while these findings suggest that milk helps improve the hydration status of children, there remains considerable room for further studies to clarify the role of milk in hydration, especially in a free-living school setting.