

Milk and Nutritional Status

Milk is considered a food of rich nutritional value. Cross-sectional data suggests regular milk improves the overall dietary quality 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 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 phosphorus intakes.



Key Scientific Papers

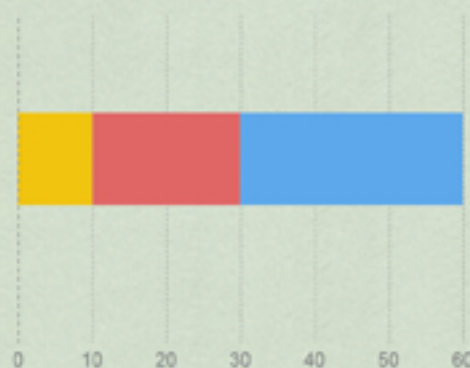
Fayet-Moore (2015) *Nutrition Reviews*. 74(1):1-17.

Rangan et al. (2012) *J Am Coll Nutr*. 31(3):185-193.

Henry et al. (2015). *Appl Physiol Nutr Metab*. 40: 245-250.

Fiorito 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.