

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.



Key Scientific Papers

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

Rahmoni 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.

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

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

Together, these findings may 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.

*The present infographic is based on evidence from three available studies in 5-11 year old children. All three interventions studies confirm that the consumption of milk improves elements of cognitive function. Due to the lack of studies, however, there remains a large scope for further research and conclusions to date should be taken cautiously.

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