

Milk and Physical Stature

The nutritional composition of milk is designed to stimulate and support growth.



Intervention, prospective and cross-sectional data suggests that increased milk consumption increases physical stature in children.



Key Scientific Papers

- Wiley et al. (2005) J Hum Biol 17: 425-441.
- Rockell et al.(2005) Osteoporos Int. 16: 1016 - 1023.
- Matkovic at al. (2004). J Nutr. 134: 7015-7055.
- Leighton & Clark (1929) Br Med J. 1: 23-25.

From 12 available studies, all intervention and prospective studies illustrated increased physical stature with milk consumption, and may continue into adulthood.

Effects on growth in physical stature have been observed from both whole and reduced fat milks in ranges of 190mL - 568mL.

Children who avoid drinking milk present stunted growth compared to milk drinking counterparts.



Mechanisms



The growth-stimulating effect of milk is likely attributed to hormonal effects which can be influenced in response to ingested milk proteins and micro-nutrients that are heavily present in milk.

*The present infographic is based on evidence from twelve available studies in 5-11-year-old children. All studies included in this section confirm that the consumption of milk increases the physical stature of children. Nevertheless, more intervention studies are needed to elucidate the components responsible for this effect.