

Dairy products contain a lot of high-quality protein, calcium, magnesium, vitamins B12 and A. according to most diet recommendations, you need to use two or three portions of dairy products daily. During the new scientific work, experts found out how these products are related to various indicators of adult health.

As part of the new study, scientists analyzed the connection between the use of dairy products and the health of the heart, cancer, body weight, diabetes.

Most scientific papers showed that the use of any dairy products reduces the risk of developing heart diseases, some types of oncology (for example, bladder, breast, colon), type 2 diabetes, obesity. In five studies, the use of these products was associated with an increased risk of liver cancer, ovaries and prostate gland.

In an in-depth study of the issue, scientists discovered the following associations.

**Milk.** In 51 studies on milk, a team of experts noted 13 positive connections between milk consumption and a decrease in the risk of some diseases, including cancer of the oral cavity, bladder and colorectal cancer. But in most of the work there was no significant effect of milk on the state of health.

**Cheese.** In many of the 20 studies, cheese reduced the likelihood of developing health problems such as cardiovascular diseases and even some types of cancer. 25 studies did not reveal any influence of this product on health, and two works associated cheese with an increased risk of prostate cancer.

**Yogurt.** In the course of 25 studies, it was found that yogurt reduces the risk of developing heart diseases, type 2 diabetes, cancer of the bladder, breast and colorectal cancer. At the same time, in other 25 works, scientists did not notice any influence of yogurt on health.



Photo recipe: Rachel Marek. Evewell Design

**Enzymed dairy products.** 13 studies confirmed the relationship between the use of fermented dairy products and a decrease in the risk of occurrence, including cardiovascular diseases, stroke, cancer of the bladder and breast. In four research from these products there was no effect, and one associated their use with a higher risk of developing diseases.

**Dairy products with high and low fat content.** Both fat and low -fat dairy products were associated with the best health of the heart. Only two studies said that whole milk is associated with a higher risk of health problems. Most scientific papers showed that whole dairy products either had no effect or were associated with the lower risk of some types of cancer.

The results of the work were published in the European Journal of Clinical Nutrition.

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