

Dairy Matrix	<p><b>Dairy Matrix</b></p> <p>Beyond nutrients: a new approach to understanding the health effects of food</p>	
	<p>The food matrix concept has shifted the focus of nutrition research from individual nutrients to the relationship of whole foods with health. The unique combination of nutrients, bioactive factors, structure and other components, and how they interact, combine to produce the overall effect on health. This is important in relation to public health policy, and there is a growing recognition that dietary guidance should be based on evaluation of the health impact of whole foods, including dairy, rather than on single nutrients alone.</p> <p>For dairy foods, positive dairy matrix effects have been seen for cardiometabolic health, protein nutrition and optimising muscle, bone health, on micronutrient bioavailability and have a role in the transition towards more sustainable diets.</p>	
	<p>Download an overview on <b>Dairy Matrix</b> here</p>	
	<p><b>Explore more about the dairy matrix from our symposia and events:</b></p>	
Bone Health	<p><b>Bone Health</b></p> <p>The science behind the benefits of milk and dairy foods for bone health</p>	
	<p>The role of calcium in building and maintaining healthy bones is well established, and dairy foods are</p>	

	<p>recognised as important sources of calcium, supplying up to two thirds of intake in our diet.</p> <p>However, milk and dairy foods also contain other nutrients needed for bone health including high quality protein, phosphorus, potassium, magnesium, zinc and vitamin K2 (and vitamin D in the case of fortified dairy).</p> <p>The beneficial effects of dairy foods on bone may be greater than can be explained by any single nutrient they contain or even the sum of the nutrients, suggesting a synergistic or 'matrix effect'. Increasingly, the science indicates that the nutrients and other components of the dairy matrix work together to help maintain bone health.</p>	
	<p>Download an overview on <b>Dairy and Bone Health</b> here</p>	
	<p><b>Find out more from our symposia and events:</b></p>	
<p>Muscle maintenance in older people</p>	<p><b>Muscle maintenance in older people</b>  The science behind the benefits of milk and dairy foods for muscle</p>	
	<p>There is evidence to suggest a potential role for milk and dairy foods in helping to maintain muscle mass and function in older people.</p> <p>A number of studies point to the benefits of milk protein for increasing muscle protein synthesis in older people, and that supplementation, in combination with physical activity, can improve muscle mass and function.</p>	

	<p>There is some evidence too, that older people with higher intakes of milk, cheese and yogurt have greater muscle mass and better functional capacity.</p> <p>Protein contained in whole foods such as dairy may have a more beneficial effect on muscle due to interaction with other nutrients and components in the food matrix.</p> <p>In addition to providing high-quality protein in this way, milk and dairy foods are a valuable part of the diets of older people offering other key nutrients in a palatable, convenient and affordable way.</p>	
	<p>Download an overview on Muscle Maintenance in Older People <a href="#">here</a></p>	
	<p><b>Find out more from our symposia and events:</b></p>	
<p>Sport and exercise nutrition</p>	<p><b>Sport and exercise nutrition</b> The role of milk and dairy foods in sports nutrition</p>	
	<p>There is a growing body of scientific research on the role of milk and dairy foods in sport and exercise nutrition.</p> <p>The nutritional composition of milk – its protein, carbohydrate and electrolyte content – suggests that it would be useful as a sports drink. A number of studies have confirmed a role for milk particularly for recovery after exercise. There is evidence that milk can be an effective post-exercise rehydration drink due to its fluid and electrolyte content. The high-quality protein in milk also helps promote muscle protein synthesis after exercise, and milk has been shown to reduce exercise-induced muscle damage</p>	

	<p>and soreness. More recently, the potential benefits of consuming dairy before exercise for calcium balance and bone health have been highlighted.</p> <p>The rich nutrient content of milk and other dairy foods, together with their versatility and palatability, mean they can help athletes reach their sports nutrition goals and make a valuable contribution to a healthy, balanced diet for sports people.</p>	
	<p>Download an overview on Sports and Exercise Nutrition <a href="#">here</a></p>	
	<p><b>Find out more from our symposia and events:</b></p>	
Cardiovascular health	<p><b>Cardiovascular health</b> The science behind the benefits of milk and dairy foods for cardiovascular health</p>	
	<p>The focus on dairy foods and cardiovascular disease (CVD) is often in relation to saturated fat. There is an assumption that because some dairy foods contain saturated fatty acids and dairy in general contributes to saturated fat intake in the diet, that it also increases the risk of cardiovascular disease. Yet the majority of epidemiological studies have shown no adverse effects of regularly consuming milk and dairy foods such as yogurt and cheese on cardiovascular health, irrespective of fat content. In fact, in some cases a cardio-protective effect has been observed.</p> <p>The explanation for this may lie in the complex composition of milk and dairy foods which, in addition to saturated fat, contain other nutrients and bioactive components such as calcium, potassium, vitamin K and bioactive peptides in the dairy matrix which may be beneficial to cardiovascular health.</p>	

	In addition, the overall fatty acid profile of milk and dairy may not have the detrimental effect on blood lipids or other cardiovascular parameters that has been assumed.	
	<a href="#">Download an overview on Dairy and Cardiovascular Health here</a>	
	<b>Find out more from our symposia and events:</b>	
Blood pressure	<p><b>Blood pressure</b></p> <p>The science behind the benefits of milk and dairy foods for blood pressure</p>	
	<p>Observational and clinical studies suggest that milk and dairy intake, particularly low-fat dairy, could have a beneficial effect on blood pressure and contribute to the prevention of hypertension.</p> <p>The DASH (Dietary Approaches to Stop Hypertension) diet, which focuses on fruit and vegetables and low-fat dairy foods, has been found to be an effective way to lower blood pressure.</p> <p>Milk and dairy foods contain several nutrients and other bioactive components in the dairy matrix including calcium, potassium, phosphorus and bioactive peptides, which may be involved, individually or in combination, in the beneficial effects on blood pressure.</p>	
	<a href="#">Download an overview on Dairy and Blood Pressure here</a>	
	<b>Find out more from our symposia and events:</b>	