

# Full Fat Milk and Obesity

## Nutrients in Milk: Full-Fat (Whole) / Semi-Skimmed / Skimmed

Whole (full-fat) milk is a vital source of the fat-soluble vitamins A, D, E, and K, as well as calcium and phosphorus; the minerals that work with vitamin D for building strong bones.

Butterfat (full-fat) is in milk for good reason: The term 'fat-soluble' means that these vitamins need to be delivered in, or with, fat for the nutrients to be available to the body. Without the fat the body cannot absorb and utilize the vitamins and minerals in the water fraction of the milk.

Children under 2 years of age should only be given whole milk, as they need a higher fat intake for their growth and development.

Synthetic vitamin D, known to be toxic to the liver is added [to lower-fat milk] to replace the natural vitamin D in butterfat (or whole milk). So skimmed milk fortified with vitamins and minerals is unhealthy as well as being pretty much a waste of time and money.

It is important to note that even full-fat milk only contains 3% to 4% fat anyway. A high fat food is classified as something that contains more than 20 grams of fat per 200 grams.

## Some Recent Studies

It used to be thought that low-fat milk would help children to avoid weight gain and curb the growing problem of overweight and obesity in childhood, because by drinking low fat milk children would still get whole milk's benefits – Vitamin D, calcium, protein – without the fat and calories.

But new research has shown that full-fat dairy does indeed lead to lower rates of obesity. Several recent studies have shown that eating fat-rich dairy is linked with lower body weight for both adults and children.

### Study 1

In a study published in the *Archives of Diseases in Childhood*, scientists found that skim and low-fat milk may not be the answer to helping children maintain a healthy weight. They found healthy-weight two-year-olds who regularly drank semi-skimmed or skimmed milk and milk drinks were 57% more likely to be overweight or obese at four, as those who drank full-fat milk:

*"Our original hypothesis was that children who drank high-fat milk ... would be heavier because they were consuming more saturated fat calories. We were really surprised when we looked at the data and it was very clear that within every ethnicity and every socioeconomic strata, that it was actually the opposite, that children who drank [low-fat] milk were heavier ... and those drinking whole milk were the lightest"* [Dr. Mark Daniel DeBoer, associate professor of pediatric endocrinology, University of Virginia School of Medicine, and chair-elect for the AAP Committee on Nutrition, Date: 2013?].

### Study 2

Another recent study published in *JAMA Pediatrics*, by David Ludwig of Boston Children's Hospital and Dr. Walter Willet of the Harvard School of Public Health, found that lower calorie milk and lower calorie milk drinks do not necessarily mean lower calorie intake, because the fat in whole milk may help children to feel more full, and therefore eat fewer calories in a day than those who drink low-fat milk:

*“Somehow this lowfat milk has become so entrenched in the nutritional psyche, that it persists despite the absence of evidence” [David Ludwig].*

### **Study 3**

A large Swedish study looked at a group of men’s weight over a 12-year period and found:

*“A low intake of dairy fat (low-fat milk, no butter, seldom/never whipping cream) was associated with a higher risk of developing central obesity, [while] a high intake of dairy fat (high-fat milk, butter as spread, whipping cream) was associated with a lower risk of central obesity as compared with medium intake, after adjustment for intake of fruit and vegetables, smoking, alcohol consumption, physical activity, age, education, and profession”.*

### **Important Points to Note:**

- (1) Removing the fat from milk makes it very difficult for the body to absorb the necessary nutrients found in milk – thus making the drinking of milk pointless,
- (2) Low-fat and fat-free milk have a higher proportion of lactose than full-fat milk. Lactose is a sugar. Sugar elevates insulin levels. High insulin levels make the body store fat. It also makes you hungry,
- (3) Skimmed milk is fed to pigs to fatten them up,
- (4) Full-fat milk may satisfy children’s appetites better, whereas hungry children will raid the fridge, open cupboards, and ask for food and/or unhealthy snacks, biscuits, etc. Full children don’t do that. Being full means eating satiating foods – not having a physically full stomach,
- (5) Children need animal fat for cellular, nerve, and brain development,
- (6) We’ve been indoctrinated for years into thinking that all animal fat should be avoided like the plague, but there are different types of fat – some are good for us and some are bad for us (see “Good Fats and Bad Fats”).
- (7) Obesity has steadily increased with the high-carb and low-fat dietary advice,
- (8) It is usually advisable to eat or drink foods in a format as close to their natural state as possible, so: (a) organic milk is more nutritious than non-organic milk, and (b) organic unpasteurised and unhomogenised milk is more nutritious than both organic/non-organic pasteurised and homogenised milk,
- (9) The better-tasting option [full-fat milk, full-fat yoghurts, full-fat cheeses, butter instead of low-fat or ‘butter-lite’ spreads, ice-cream made with milk or cream, etc] is actually the one that’s healthier for us.

Quoted, Summarised, and Edited from the Following Sources:

<http://healthand.time.com/2013/03/19/skim-milk-may-not-lower-obesity-risk-among-children/>

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<http://www.lovelivingwell.co.uk/why-whole-milk-is-good-for-you/>

<http://www.mercola.com/article/milk/no-milk.htm>

<http://www.telegraph.co.uk/health/healthnews/9938102/Skimmed-milk-makes-kids-fat.html>

<http://www.dailymail.co.uk/health/article-2356806/Could-SKIMMED-MILK-contributing-obesity-epidemic-Low-fat-dairy-encourage-weight-gain-say-experts.html>