There is a growing body of evidence that challenges the belief that consuming whole milk dairy foods increases the risk of cardiovascular disease (CVD) through elevating total and LDL cholesterol, because of their high saturated fatty acid content.¹

In a 12-week randomized-controlled trial, men and women with metabolic syndrome (MetS) consuming a diet rich in whole milk dairy foods saw no change in LDL cholesterol and other classic CVD risk factors* compared to those following diets limited in dairy or rich in low-fat dairy.²

After a 4-week run-in period, study participants were randomized to 1 of 3 diets with:

- Limited dairy, not more than 3 servings of non-fat milk per week
- Non-fat milk and yogurt and low-fat cheese, 3.3 daily servings
- Whole milk, full-fat yogurt and full-fat cheese, 3.3 daily servings

* Other CVD risk factors included fasting total cholesterol, HDL-cholesterol, triglycerides, free fatty acids & blood pressure

Key Takeaway:

The results of this study indicate dairy fat, when consumed as part of complex whole foods, does not adversely impact these classic CVD risk factors in people with MetS.
Fat Flexibility

Good news! Americans > 9 years of age can allow for some fat flexibility, making 1 of their 3 daily servings of dairy whole- or reduced-fat – like whole milk, yogurt or cheese – while staying within the current Dietary Guidelines for Americans recommendations for saturated fat, calories and sodium intake.³

Blueberry Lavender Greek Yogurt Popsicles

Ingredients

• 1-2 tsp dried lavender buds
• 2 c fresh blueberries
• 3 TB agave nectar, divided
• 1 lemon, zested and juiced
• 2 c Greek yogurt (fat level of your choice)
• 1/2 tsp vanilla extract

Instructions

1. Place 1 to 2 TB of dried lavender buds in a blender or food processor and puree to a powder.

2. Add blueberries, 1 TB of agave nectar and lemon juice to the lavender powder and blend until blueberries reach a chunky soup consistency. Set aside.

3. In a large bowl, combine lemon zest, Greek yogurt, vanilla extract and remaining agave nectar. Stir until well combined, then gently fold in the blueberry mixture to create a swirled consistency — do not over mix.

4. Pour mixture into popsicle molds and freeze for at least 6 hours or overnight.

References