Pearson Corr. (and Mary Stenson, PhD) 12.6 oz N 315.01 513 Researchers have noted that dairy calcium intake may help prevent excess weight gain and that milk consumption is inversely related to BMI (kg/m^2). A significant inverse relationship between milk consumption, BMI, and exercise per week was found in both males and females (r = -.212, p < .05). When sex was considered, the relationship was stronger in women.

**Discussion**

- Our lab has previously found that women tend to more accurately report their height and weight, whereas men tend to overestimate their height, making self-reported BMI inaccurate.
- Dairy consumption may influence body composition via a number of potential mechanisms:
  - Researchers have suggested that calcium influences energy metabolism by decreasing fat absorption and increasing fat oxidation.
  - Protein content in milk may suppress appetite.
  - Low fat dairy intake may be associated with better overall diet quality which may influence body composition.
- Milk consumption was also positively related to minutes of exercise per week in both the overall survey and the sub-sample and for both men and women. It is likely that individuals who participate in one healthy behavior (i.e., milk consumption) likely participate in other healthy behaviors (i.e., exercise).

It is important to note that on average, participants exceeded the weekly recommended guidelines for exercise, but did not consume the recommended amount of dairy per day.

**Literature Cited**

- Potter, M. J. & Potter, K. N. (2011). Low fat dairy intake may be associated with better overall diet quality which may influence body composition. Exercise Science and Sport Studies Department
- Our lab has previously found that women tend to more accurately report their height and weight, whereas men tend to overestimate their height, making self-reported BMI inaccurate.
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