



3-A-DAY™

# Rediscover Dairy



July 2013

## Milk Splat

### THE LATEST ON DAIRY & HYPERTENSION

**The latest Nutrition Review on 'Dairy Products and Hypertension' released by the Consumer Education of Milk SA provides an objective overview of research into the use of low fat dairy products to combat hypertension.**

The Consumer Education Project of Milk SA has compiled an insightful and comprehensive summary of research findings relating to the antihypertensive effects of low-fat dairy products as part of their ongoing service to health professionals.

In a landmark study conducted by Charlton and her co-workers on diet and blood pressure in three ethnic groups living in Cape Town which was published in 2005, showed that calcium intake in this country is low particularly in black subjects and hypertensives.

### EVER INCREASING INCIDENCE OF HYPERTENSION IN THE SOUTH AFRICAN POPULATION

Health professionals need to keep up to date in this field if the projected 60% incidence of hypertension by 2025 is to be avoided. The idea of increasing low fat dairy intake as an alternative to pharmaceutical antihypertensive medications deserves careful consideration.

The Nutrition Review covers a broad research base which ranges from observational and cross-sectional studies to random controlled trials, finally culminating in systematic reviews and meta-analyses. In general most of these studies have identified an inverse association between intakes of total dairy, low fat dairy and fluid dairy foods with high blood pressure.

The **Dietary Approaches to Stop Hypertension (DASH)** trial, which was conducted in the USA, produced significant evidence that low-fat dairy can have as pronounced an effect on high blood pressure as the use of single-drug therapy, particularly in African American subjects. This finding should provide health professionals in South Africa with a viable alternative for treating the epidemic of hypertension which is so rife in our black population.

**The DASH trial also showed that using low fat dairy together with fruit and vegetables is 50% more effective in lowering raised blood pressure levels than fruit and vegetables on their own!**

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In addition, this Nutrition Review discusses the various mechanisms that have been suggested to explain why low fat dairy foods have a more potent effect on lowering blood pressure than calcium supplements. Potential beneficial characteristics of dairy products include high calcium and potassium contents, the low sodium content, bioactive milk peptides and food proteins.

The Nutrition Review also provides conclusions and the recommendation that South African populations which are known to have very low dairy intakes and a high incidence of hypertension should be encouraged to increase their consumption of low fat dairy to achieve an intake of three servings of dairy every day.

Health professionals can access this new 'Dairy Products and Hypertension' Review at: [www.rediscoverdairy.co.za](http://www.rediscoverdairy.co.za) and click on Nutrition Review. [Or else click here...](#)

The Consumer Education Project of Milk SA

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Visit [www.rediscoverdairy.co.za](http://www.rediscoverdairy.co.za) to join our mailing list

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drop us a line to [info@rediscoverdairy.co.za](mailto:info@rediscoverdairy.co.za).

*The website is the home of the Consumer Education Project of Milk SA.  
Here you will find science-based information on dairy products, educational tools, nutritional tables,  
role of dairy in sport and a DairyKids website.*

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