

Weight or Blood Markers do not Worsened by Three Daily Servings of Full-Fat Dairy

Researchers investigated whether adding three daily servings of full-fat dairy to the diets of adults with overweight and obesity would affect nutrient intake, [cardiometabolic health](#), and body weight. The primary aim was to assess safety and dietary compatibility rather than efficacy.

Compared with diets low in dairy, daily consumption of full-fat dairy for 12 weeks did not negatively affect blood glucose, [blood lipids](#), body composition, or weight. It improved calcium and protein intake without conferring measurable cardiometabolic benefit or harm.



Study

Given limited experimental evidence on full-fat dairy intake in metabolically [healthy adults](#) with overweight or obesity, researchers aimed to assess whether regular consumption of full-fat dairy could be safely incorporated into a healthy dietary pattern guided by the CFG, rather than to test full-fat dairy as a therapeutic intervention.

The parallel-group study was conducted at two Canadian universities and included 74 healthy adults aged 25 to 60 years with overweight or [obesity](#). Participants were randomly assigned to one of three dietary intervention groups.

The first group followed a low-dairy, energy-restricted diet with a targeted daily deficit of 500 kilocalories. The second group consumed an energy-neutral [diet](#), including three daily servings of full-fat dairy, intended to replace the 500-kilocalorie restriction. The third group followed an ad libitum diet, including three daily servings of full-fat dairy, with no caloric restriction. All participants received regular dietary counselling aligned with the CFG.

Participants had clinically normal cardiometabolic profiles at baseline with no significant differences between groups. Over 12 weeks, body weight and body mass index (BMI) decreased modestly in the energy-restricted low-dairy group while remaining stable in both full-fat dairy groups. No significant changes were observed in waist circumference, body fat, fat-free mass, or resting metabolic rate across [treatments](#).

Systolic blood pressure decreased in the ad libitum dairy group and the energy-restricted group, while hip circumference declined slightly only in the ad libitum dairy group. Blood lipids, [glucose](#), and glycated hemoglobin were unaffected by dairy intake. Triglycerides rose temporarily during week four before returning to baseline by week twelve, with no sustained between-group differences.

Findings

Dietary intake analyses showed increased protein and calcium intake in the full-fat dairy groups, with calcium intake exceeding recommended levels, unlike the low-dairy group. Participants across all groups improved adherence to CFG recommendations, including higher whole-grain intake and reduced consumption of processed foods, animal proteins, and [alcohol](#). These changes reflected the impact of structured dietary counselling rather than dairy intake alone.

Across the 12-week intervention, overall dietary patterns improved similarly across treatment groups. Fruit and vegetable intake remained stable, with higher consumption among males. [Whole-grain](#) intake increased over time, while white and whole-wheat products decreased regardless of treatment.

Animal protein and ruminant meat consumption declined, whereas plant protein intake showed minimal change. Beverage consumption showed modest reductions, particularly for [unsweetened beverages](#) and alcohol. Food skills usage remained stable, though females reported greater use of food labels than males.

These findings demonstrate that consuming three daily servings of full-fat dairy for approximately three months does not negatively affect [body weight](#), cardiometabolic markers, or metabolic health in metabolically healthy adults with overweight or obesity when combined with dietary guidance from the CFG.

The results support the view that full-fat dairy can be incorporated into a healthy dietary pattern while improving intake of limiting nutrients such as calcium and protein, without evidence of short-term cardiometabolic harm. The findings should be interpreted as evidence of dietary compatibility rather than cardiometabolic benefit. Strengths include the randomized design, comprehensive dietary counselling, and detailed assessment of [metabolic outcomes](#).

Conclusion

A smaller-than-planned sample size limited the study due to disruptions caused by the [coronavirus disease 2019](#) (COVID-19) pandemic and its relatively short duration. Participants were metabolically healthy at baseline, and the study was not powered to detect long-term cardiometabolic outcomes, which may limit generalizability.

Incorporating full-fat dairy into the diet of adults with overweight or obesity does not appear to pose adverse short-term effects on body weight or cardiometabolic health and may help address nutrient gaps. Continued research in broader populations and over longer durations is warranted, particularly in individuals with existing metabolic [disease](#).

Source:

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