

Weight Gain UK

Does calcium aid weight gain?

Calcium does not make consumers gain weight, finds a recent survey of 19,000 men, as a report in the UK warns many people are confused about the health benefits of milk.

Calcium intake, from both diet and supplements, was not linked to weight gain in the men, all aged between 40 and 75 years, according to a new study published in the American Journal of Clinical Nutrition.

Researchers, backed by the US National Dairy Council, studied the effect of calcium on men following normal diets over a 12-year period.

The findings were consistent with health authorities' 2005 Dietary Guidelines for Americans, which recommend three servings of low-fat dairy foods every day.

And, the study is extra ammunition in the on-going debate about the connection between dairy and weight loss.

Several studies have indicated no link between high dairy intake (three-four servings daily) and weight gain, while some have even suggested this may help with weight loss as part of a low-calorie diet.

Help and advice on weight gain is available with Wishing Wellness.