

but we've heard that milk is not at is not pro-inflammatory and it may be anti-inflammatory but the latest research shows that milk doesn't actually protect you against osteoporotic fractures which was fractures other than hard to say that bone fragility fractures or uh having a hip you know hip fracture a wrist fracture so these are things that tend to become more common as you get brittle Boulders I think about those little bone disease is what's commonly known as and uh it's something that affects about one in three women so it's incredibly common yes so you start with a risk fracture in your s then you might get a loss of height due to vertebral fracture then in your s a lot of you know highly susceptible to hip fractures which can really end up changing your life so really important big epidemic of this we were telling everyone years ago to drink more milk particularly around the menopause this would protect you which is what I thought you were supposed to do yes well that was up to very recently the latest advice but all the actual evidence now suggests that milk drinkers have no uh protection against hip fracture compared to non-milk Drinkers and it sort of makes sense because the biggest milk drinkers in the world are the Dutch and the Scandinavians and they have the highest fracture rates in the world so all of that calcium is in your milk and it's going to protect you this is it's all turns out to be nonsense yes that's that's what the science is now telling us and you know there's many other sources of calcium we always think of milk as the only source of calcium but actually there's so much in green leafy vegetables in in kale in broccoli in nuts and almonds uh all kinds of different areas we can get much more easy access to to this calcium and so I don't think we should be really pushing milk as much as we we have been and is that true for all Dairy so we're talking about milk I think Jonathan it's important to pick up on the osteoporosis question here regarding milk that whether all Dairy should be classified as not being helpful in that situation so there's studies that have taken place in care homes for example where they will take you know number of different Care Homes and some Care Homes were have fortified the diet or so I added to the diet Dairy now this isn't just milk though this is like adding yogurt cheese and other Dairy and then other care homes that haven't so it's part of a clinical trial the care homes that add Dairy to the diets of the people that are living there they do have a reduction in lots of different unfavorable Health outcomes including fractures overall what we know from population studies is people that consume more Dairy have lower rates of type diabetes that's really consistent the evidence for that we also know populations that have higher intakes of dairy have lower rates of cardiovascular disease it's less consistent but the majority if the data would support that and we're starting to understand mechanistically why that is we also know that people have higher intakes of dairy tend to have better weight overall and we also know that Dairy it's may be protective against some cancers so there's really consistent evidence that people have higher intakes of dairy have lower risk of colon cancer for example but then we need to look at the different types of dairy to see um you know which types are more protective than other types and I think the best way we as a nutritionists would separate them out is typically the fermented and non-fermented and then once we look at the fermented then we'd separate them out according to whether they're like liquid or hard so when we talk about fermented we mean cheese we mean yogurt when we're talking about the non-fermented we mean milk and women butter so to make sure I've got that you're saying like overall actually when you look back at people living their entire lives and what they ate then actually the people are eating dairy have tended to look healthier but within that it's like there's this mix of different things and so some of those Dairy might be really quite good for you some of those Dairy might not be very good for you and you mix it all together and on average that might be better than someone who's not eating dairy and I guess the risk always is you know they're drinking Coca-Cola as an alternative you know what what are the the alternative choices you know as as you've explained to me many times is that the picture so it's quite complex compared to many of these things where maybe it's just sort of clear that if you eat you know a whole grain it's better than a highly refined grain yeah so dairies a huge food group and so whilst we can say broadly speaking if you consume more Dairy you tend to be healthier we need to look at all of the different components of the food groups as well there's also quite a lot of clinical trial data that we can draw on as well to look at whether Dairy itself is what's improving health or whether it's all the other factors that normally complicate how we understand a food impacts our health so is it that people that have you know higher oval diet quality tend to consume more dairy or is it the dairy itself what's the answer so my interpretation of the evidence is that for cheese and for yogurt it's the dairy itself that's conferring a favorable impact and we're starting to understand why this is as well the data as as Sarah is saying on cheeses and yogurts is actually stronger than for milk and I don't think there's comprehensive data about it being fracture protective but it's certainly uh it's suggested that way certainly and I think all the fermented dairies have all these extra advantage of the probiotic microbes in there because we're talking about fermented dairies these contain probiotic microorganisms that we know now

from clinical trials are good for the immune system they have an effect within a few weeks they do hang around in our gut to energize the other microbes there have lots of effects we still don't understand in our body and I think we should still be pushing those and all the evidence about yogurt and cheese is much more positive than for milk alone that's amazing before we dig into the individual things that the number two question that we had from literally like about a thousand people was about full fat versus lower fat Dairy and I guess this can apply right across whether it's milk or if it's cheese and lots and lots of people saying um well the government advice makes really clear that I am supposed to swap my full fat milk for low-fat milk or my full fat cheese for low fat cheese and we did our research in both the UK government and the US government are currently saying that um I know that you don't always agree with whatever the existing advice which we know goes through a process that means sometimes is a bit out of date what's your personal views on this well I think there's no evidence at all