



Did You Know that boosting your milk and dairy intake could help you lose weight? That's what many nutritionists now believe. It turns out the calcium and vitamin D do more than just build and protect your bones. They also help build and preserve muscle mass—which in turns help boost your metabolism.

Here's the caveat: According to a study published in the *International Journal of Obesity*, the "dairy effect" only works when subjects increased dairy while on a calorie-restricted diet. In other words, if you're attempting to lose weight by cutting calories, then adding low-fat dairy to your daily diet could accelerate your results. But if you're consuming more calories than you're burning off? Dairy will nary make a difference.



Some other studies cite encouraging outcomes, even with just low to moderate calorie restriction. As for explanations? One theory is that the calcium in dairy products helps us to lose weight by helping to break down body fat. Regardless of the range of opinions about the dairy/weight loss correlation, most doctors give dairy a big thumbs up—and recommend we all up our intake of low-fat dairy to reap the range of health benefits. From weight loss or maintenance to bolstering our bones, the thinking goes, what have we got to lose?

What are the best sources? Low-fat dairy products like milk, half and half, yogurt and cheese. How much do you need? The 2005 Dietary Guidelines for Americans recommend three cups of dairy products daily for both women and men.

Did you know that one serving of instant nonfat dry milk provides 30% of the recommended daily amount of calcium? Add some to a smoothie. Your bones and metabolism will thank you.

Did you know that evaporated milk has twice the calcium and protein of whole milk? That holds true for all varieties—regular, low-fat and fat-free. So keep some cans in your pantry to use in smoothies and both sweet and savory recipes, and you'll never run out of excuses to get your daily calcium boost. (Added bonus: You'll never run out of milk for your morning coffee!)

Read more here: [Milk and Dairy: Their Effects on Weight Loss](#).



Not wild about the taste of milk? Try these tips:

Make cafe au lait at home by heating half a mug of milk in the microwave and then topping it off with half a cup of coffee. Drink and repeat!

Make banana milk. (Mix 1 banana, 1 cup of milk, and 1/2 teaspoon vanilla in a blender. Boom!)

Make oatmeal with milk rather than water.