

## - Dairy products

# Milks being compared for ease of digestion

Otago Daily Times · 25 Jan 2023 · 3 · JOHN LEWIS john.lewis@odt.co.nz

MILK has long been the source of a major dilemma for many people.



It is used to build healthy bodies, but not everyone's stomach tolerates it.

So University of Otago human nutrition PhD student Ping Ong has started recruiting women aged 60-80, for a first-of-its-kind study which compares the impact of cow, goat and sheep milk on digestive comfort and skeletal muscle function.

Miss Ong said "the YUMMI study" was inspired by a decline in milk consumption in New Zealand.

"We know that milk is a highly nutritious food, but the consumption of milk has been going down for a bit.

"One of the reasons is because some people find that they have some digestive discomfort after having milk, especially cow's milk.

"So what we're hoping to see is if milk from different animals has different effects on digestion, and hopefully we can find some that is tolerated by people with digestive discomfort issues."

She said the study would also provide information on nutritional interventions to help prevent issues associated with ageing, including the loss of muscle mass, functionality, independence and quality of life. It was hoped that adding whole milk powders to the diets of older adults would help with their health and wellbeing.

She said about 160 women aged 60-80 would be recruited.

They would be provided with cow, goat or sheep milk powder to consume for 12 weeks, and would be asked to attend five clinics during that time for sample collection and measurements.

The study is a collaboration between the University of Otago, the Riddet Institute and NIG Nutritionals Ltd, which received a \$1.4 million HighValue Nutrition National Science Challenge grant last year.