

- Breast feeding

Cow's milk link to diabetes

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CHILDREN who are breastfed are less likely to develop type 1 diabetes while those who drink a lot of cow's milk are at greater risk, a study suggests.

Scientists examined 27 dietary factors including what is eaten by the mother in pregnancy, foods consumed in childhood and breastfeeding. Researchers at the Karolinska Institute in Sweden found that children breastfed for at least six to 12 months were 61 per cent less likely to suffer diabetes.

Higher consumption of cow's milk and dairy products such as butter and cheese before the age of 15 was associated with a higher risk of type 1 diabetes.