

Re: Low-Fat Dairy Deters Diabetes

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-05/msg00243.html>

- *From:* gospeds skate@xxxxxxxxxxx
 - *Date:* 11 May 2005 02:57:14 -0700
-

TC wrote:

> calyps...@xxxxxxxxxxx wrote:
>> Comparing dairy based foods with low or high fat content, a lower fat
>
>> content reduced risk of developing diabetes:
>>
>> <http://www.cbsnews.com/stories/2005/05/10/health/main694201.shtml>
>
> A while ago a study was published that ascribed to coffee some
> protective powers against diabetes too.
>
> Is it not obvious that people who drink coffee or milk in any
> appreciable amount will probably not also drink copious amounts of
> soda?
>
> It isn't the fact that milk or coffee is in the diet that protects
from
> diabetes it is the absence of obesity and diabetes causing refined
> carbs.

Correct; also dairy products have a low glycemic index, and diets rich in such foods tend to lower the risk of diabetes and obesity if they are also low in fat. It is likely that a high percentage of people who eat lots of dairy products also consume other low glycemic index foods. The study would have been more revealing if the weight of the participants had also been taken into consideration.

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- *Follow-Ups:*
 - ◆ [Re: Low-Fat Dairy Deters Diabetes](#)
◇ *From:* calypso47
- *References:*
 - ◆ [Low-Fat Dairy Deters Diabetes](#)
◇ *From:* calypso47

Re: Low-Fat Dairy Deters Diabetes

◆ **Re: Low-Fat Dairy Deters Diabetes**

◇ From: TC

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