

# DAIRY FOR DENSITY

The effects of yogurt on body composition during training



**Original Research**  
White, K.M., et al.  
Changes in body composition with yogurt consumption during resistance training in women. *International Journal of Sport Nutrition and Exercise Metabolism* 19:18-33, 2009.

COULD YOGURT BE A SIMPLE, EASY, AND CHEAP METHOD TO BOOST YOUR GAINS?

In many sports, increasing your lean muscle mass and decreasing your body fat can aid your performance. Achieving this optimal body composition means having an optimal training program and diet. Your body needs protein to build muscle tissue and carbohydrate to refill fuel stores. Milk is a dairy product that can provide this protein and carbohydrate. In fact, consuming milk after every training session has been shown to increase fat-free mass and decrease fat mass, compared to soy protein or carbohydrate drinks.<sup>1</sup> Thus, milk truly does a body good. However, it is not the only dairy product out there. Yogurt, like milk, contains a mixture of protein and carbohydrate that could theoretically improve body composition with training. Also, like milk, it is high in vitamin D and calcium, which research has shown to have positive associations with muscle, strength, and the body's ability to burn fat. While there is research on dairy consumption with weight training in men,<sup>1</sup> there has not been much work on women.

**Power Key:** dairy, yogurt, body composition, lean mass, protein