

Weighing in with Milk Products
Nutrition File® for Health Professionals: Winter 2003
Complete Reference List

1. World Health Organization. Obesity: preventing and managing the global epidemic. Geneva: The Organization. Technical report series no. 894. 2000.
2. Katzmarzyk PT. The Canadian obesity epidemic, 1985–1998. *Cdn Med Assoc J* 2002;166(8):1039.
3. Birmingham CL, Muller JL, Palepu A, et al. The cost of obesity in Canada. *Cdn Med Assoc J* 1999;160(4):483–488.
4. Kennedy ET, Bowman SA, Spence JT, et al. Popular diets: correlation to health, nutrition and obesity. *J Am Diet Assoc* 2001;101(4):411–420.
5. Zemel MB, Thompson W, Zemel P, et al. Dietary calcium and dairy products accelerate weight and fat loss during energy restriction in obese adults. *Am J Clin Nutr* 2002;75(suppl):342S.
6. Lin Y-C, Lyle RM, McCabe LD, et al. Dairy calcium is related to changes in body composition during a two-year exercise intervention in young women. *J Am Coll Nutr* 2000;19(6):754-760.
7. Summerbell CD, Watts C, Higgins JPT, et al. Randomized controlled trial of novel, simple, and well supervised weight reducing diets in outpatients. *Brit Med J* 1998;317:1487-1489.
8. Pereira M, Jacobs DR Jr, Van Horn L, et al. Dairy consumption, obesity and insulin resistance syndrome in young adults. *J Am Med Assoc* 2002;287:2081–2089.
9. Heaney RP, Davies K, Barger–Lux MJ. Calcium and weight: clinical studies. *J Am Coll Nutr* 2002;21:152S–155S.
10. Carruth BR, Skinner JD. The role of dietary calcium and other nutrients in moderating body fat in preschool children. *Int J Obes* 2001;25:559–566.
11. Jacqmain M, Doucet E, Despres J-P, et al. Calcium intake and body composition in adults. *Obes Res* 2001;9:PF104 (abs).
12. Zemel MB, Nocton A-M, Richards J, et al. Increasing dairy calcium intake reduces adiposity in obese African-American adults. *Circ* 2002;106(suppl 2):II–610.
13. Novotny R. Dairy is a girl’s best friend. Dairy Farmers of Canada Obesity Forum. September 25, 2003.

14. Jacqmain M, Doucet E, Despres J-P, et al. Calcium intake, body composition, and lipoprotein-lipid concentrations in adults. *Am J Clin Nutr* 2003;77:1448–1452.
15. Zemel MB. Mechanisms of dairy modulation of adiposity. *J Nutr* 2003;133:252S–256S.
16. Zemel MB, Shi H, Greer B, et al. Regulation of adiposity by dietary calcium. *FASEB J* 2000;14:1132–1138.
17. Shi H, DiRienzo D, Zemel MB. Effects of dietary calcium on adipocyte lipid metabolism and body weight regulation in energy-restricted aP2-agouti transgenic mice. *FASEB J* 2001;15:291–293.
18. Melanson EL, Sharp TA, Schneider J, et al. Relation between calcium intake and fat oxidation in adult humans. *Int J Obes Relat Metab Disord* 2003;27(2):196–203.
19. Barr SI. Increased dairy product or calcium intake: is body weight or composition affected in humans? *J Nutr* 2003;133:245S–248S.
20. Parikh SJ, Yanovski JA. Calcium intake and adiposity. *Am J Clin Nutr* 2003;77:281–287.
21. Jensen LB, Lerop GK, Quaade F, et al. Bone mineral changes in obese women during a moderate weight loss with and without calcium supplementation. *J Bone Miner Res* 2001;16:141–147.
22. Layman DK. The role of leucine in weight loss diets and glucose homeostasis. *J Nutr* 2003;133:261S–267S.
23. Panel on Dietary Reference Intakes for Macronutrients, Food and Nutrition Board, Institute of Medicine. Dietary reference intakes for energy, carbohydrate, fiber, fat, fatty acids, cholesterol, protein, and amino acids (macronutrients), National Academy Press. 2002.
24. Suen VM, Silva GA, Tannus AF, et al. Effect of hypocaloric meals with different macronutrient compositions on energy metabolism and lung function in obese women. *J Nutr* 2003;19(9):703–707.
25. Eisenstein J, Roberts SB, Dallal G, et al. High-protein weight-loss diets: are they safe and do they work? A review of the experimental and epidemiological data. *Nutr Rev* 2002;1:189–200.
26. Layman DK personal communication. The Weight Game. Dairy Farmers of Ontario nutrition forum, May 13, 2003.

27. Zemel MB personal communication. The Weight Game. Dairy Farmers of Ontario nutrition forum, May 13, 2003.