

We demonstrated that guided lifestyle modification involving mixed-mode exercise training and healthy dietary advice significantly improved body composition in the absence of weight loss in a population of adolescent girls with overweight/obesity. We also demonstrated that the consumption of 4 servings/day of mixed dairy products further augmented the change in body composition, leading to greater fat mass losses and lean mass gains compared to those undergoing the same exercise intervention but not consuming dairy products. Thus, we recommend that a variety of dairy products be included in the daily diet to promote a healthier body composition, facilitate increased nutrient intakes and to improve the overall success of weight management programs for adolescent girls with overweight/obesity.

Reference: **Josse AR**, Ludwa IA, Kouvelioti R, et al. Dairy product intake decreases bone resorption following a 12-week diet and exercise intervention in overweight and obese adolescent girls [published online ahead of print, 2020 Mar 16]. *Pediatr Res.* 2020;10.1038/s41390-020-0834-5. doi:10.1038/s41390-020-0834-5

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