Tuesday English News Report

Is cow's milk as good for us as we thought? Study suggests not

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Drink lots of milk to strengthen your bones and boost your health, doctors say.

But a study in The BMJ medical journal yesterday said Swedes with a high intake of cows' milk died younger, and women suffered more fractures.

The findings raise questions about milk consumption, although further research was needed, its authors said, as the association may be coincidental.

A Swedish team used data taken from 61,000 women aged 39-74 and monitored for about 20 years, and more than 45,000 men aged 45-79 followed for 11 years.

"Women who consumed three glasses or more milk per day had a 90 per cent higher risk of death, 60 per cent higher risk of hip fracture and 15 per cent higher risk of any fracture compared with those who drank less than a glass," said co-author Karl Michaelsson of Uppsala University.

For men, the difference in death rate was less pronounced, but there was no difference in fracture rates.

The team found that fermented milk products such as cheese or yoghurt were associated with lower mortality and fracture rates, particularly in women.

One reason, the authors speculated, was that milk, but not cheese, was high in D-galactose, a type of sugar that was shown to hasten ageing.

The researchers said it was impossible to draw conclusions or make recommendations on milk consumption until further work was carried out.

Some experts noted shortcomings in the study, including that milk consumption was self-reported, often a flaw in dietary research.

Nor did the authors define the type of physical activity the men and women did, and whether it was weight-bearing and therefore bone-strengthening, or not.

The study "creates more questions than provides answers", said Catherine Collins, principal dietitian at St George's Hospital in London.
1. **What do you think?**

2. **Vocabulary**

*Fill in the blanks in the sentences below using words from the box.*

<table>
<thead>
<tr>
<th>boost</th>
<th>fractures</th>
<th>consumption</th>
<th>coincidental</th>
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<td>pronounced</td>
<td>fermented</td>
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<td>hasten</td>
<td>shortcomings</td>
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1. John’s favourite _________________ product is kimchi.

2. In this context it means very noticeable. He has a _________________ Scottish accent.

3. It means to improve, enhance, magnify or raise something. According to recent research, drinking cocoa can _________________ the memory of old people.

4. The using up of goods or resources. China’s _________________ of coal is causing damage to the environment.

5. A person who is an expert in food and nutrition is known as a _________________.

6. This word means to speed up, hurry or accelerate. Smoking will _________ death.

7. Broken bones are also known as _________________.

8. It means death. The _________________ rate of front-line soldiers in war is very high.

9. Your failings, flaws and weaknesses. She has many _________________.

   She’s often late and makes lots of mistakes but she is extremely kind.

10. To guess or have a theory about something. John ________________ all day about why Mary killed herself.

11. A fault, shortcoming, defect or weakness. Hamlet’s tragic ________________ is his inability to take action.

12. Accidental or happening by chance. They hadn’t seen each other for 20 years. The fact that they had booked seats next to each other on the plane was purely _________________.