

Men's Health

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Whey to Loose

To drop weight, you need to cut back on certain foods – but not dairy. Milk and other dairy products can help dieters slim down and beef up, say Canadian researchers. Their study found that heavy people who exercised every day and followed a high-protein, high-dairy (and calorie restricted) diet for 16 weeks lost about 10 pounds of fat and gained 1 ½ pounds of muscle. (Those who ate less dairy and protein still lost weight, but they also lost muscle.) The reasons: Milk may help regulate appetite, and its whey protein can activate muscle growth.