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## Milk: There's more to it than meets the eye

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**R**esearch includes Discuss basic information regarding Milk, Review studies involving Milk and Fitness and Review the Outcomes/results of studies involving Milk and Fitness

**Origin of Milk:** Founded in 9000-7000 BC in SW Asia, First bottled milk used in 1870's US is the top producers of Milk worldwide. The Following components of milk contains Casein makes up 76-86% of protein Whey makes up around 20% of protein, Carbohydrate: lactose, glucose, galactose, Calcium and Vitamin D. muscle hypertrophy: protein 1.2-2.0 grams/kg, calories 44-50 kcal/kg maintenance, Protein 0.8 grams/kg, Calories 25-30 kcal/kg

**ELLIOT, T:** 24 untrained men and women. 237 gm fat free milk v/s 237 gm whole milk v/s 393 gm isocaloric fat free milk. Results: whole milk increased utilization of available amino acid for protein synthesis.

**TIPTON, K:** 23 untrained men and women. Each given 20 gram casein, 20 grams whey, or artificially sweetened water 1 hr after leg resistance exercise.

**Results:** participants given milk protein showed increased protein synthesis.

**HARTMAN, J:** 56 young untrained males. 500ml fat free milk vs soy protein beverage vs isocaloric carbohydrate beverage 1 hr after workout.

**Results:** Milk intake showed increased lean body weight and decreased body fat.

**WILKINSON, S:** 8 weight trained men 500ml skim milk vs soy protein beverage

**Results:** Both increased protein syntheses and muscle mass. Skim milk had greater impact on muscle mass.

**JOSSE, A:** 20 untrained women 12 wks 5d/wk exercise, 500ml fat free milk vs Isocaloric Maltodextrin,

**Results:** Milk increased LBM, had a greater fat mass loss, and a greater strength gain.

**KARP, J:** Trained endurance athletes. Chocolate milk v/s carbohydrate drink. Participants performed a ride to exhaustion after 4 hours of consumption and recovery.

**Results:** the time to exhaustion were similar for both beverages.

## Biography

Jaymar is a Nutrition Expert who has a history with personal training and physical fitness. He has been consulting in the Los Angeles area for 12+ years. He is a Registered Dietitian, so legally he is allowed to give nutrition advice. His clients come from every part of the world and come in many shapes and sizes. He has consulted with kids to the elderly, athletes to the common Joe, and everyone in between. Any issue that has to do with Nutrition and or Fitness will be resolved by Jaymar and his Nutrition Phitness Team.

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## Notes: