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Abstract

Groups of 10 to 13 healthy volunteers were provided with 1 L supplements of 2% butterfat milk (2% milk), whole milk, skim milk, yogurt, buttermilk, and sweet acidophilus milk daily for a 3-wk period. Despite increases in caloric intakes on all supplements, no significant increases were found in total, low-density, and high-density lipoprotein cholesterol. A significant weight gain was seen in subjects taking yogurt, acidophilus, buttermilk, and skim milk. Weight gain was, however, most marked in the yogurt and acidophilus groups; these were the only two groups showing significant rises in triglyceride levels. These results in normal volunteers focus attention on the current practice of recommending only skim or 2% milk for hyperlipidemic individuals.