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Forum

ESPEN 2021 - Virtual Congress 9 -14 September 2021

Satellite session on behalf the European Milk Forum (EMF)

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# Health effects of dairy foods: new insights based on the food matrix concept

## The importance of the dairy matrix for musculoskeletal health

Dr Sandra Iuliano, University of Melbourne

Chair: Professor Michelle McKinley, Queen's University Belfast



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**Friday, 10th September 2021,**

**16:00 – 16:30 (CEST) 15:00 – 15:30 (BST)**

- The food matrix concept is that nutritional and health effects of a food are a result of both a food's structure and its nutrient composition, and how these interact with each other.
- Dairy foods, such as milk, yogurt and cheese are the principal dietary source of calcium and a major source of protein that can benefit musculoskeletal health throughout the lifespan.
- Recently attention has shifted to the musculoskeletal benefits of dairy foods as a whole and the dairy matrix, especially in high-risk populations such as older adults in aged-care.
- Collectively well-executed research evidence from dairy-based research can inform dietary guidelines, guide policies and shape practice to improve musculoskeletal outcomes across the lifespan.



**Chaired by Professor Michelle McKinley**

*Professor of Nutrition, Centre for Public Health, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast. Northern Ireland*



**With Dr Sandra Iuliano**

*Senior Research Fellow, Faculty of Medicine, Dentistry and Health Sciences, University of Melbourne / Austin Health, Australian Institute of Musculoskeletal Science.*

### AGENDA

**16:00**

**Welcome, overview and Food Matrix video**

**16:05**

**Dr Sandra Iuliano - The importance of the dairy matrix for musculoskeletal health**

**16:20 Live Q&A**

**Find out more about the Food Matrix effect here**  
[www.milknutritiousbynature.eu](http://www.milknutritiousbynature.eu)