

Video Topics

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Skim Milk and Acne

Three Harvard studies linking acne with dairy consumption in adolescent girls and boys blamed the sex steroid hormone content naturally found in cow's milk (even without added hormones), particularly skim.

J AM ACAD DERMATOL
FEBRUARY 2005
American Academy of Dermatology

REPORTS

High school dietary dairy intake and teenage acne

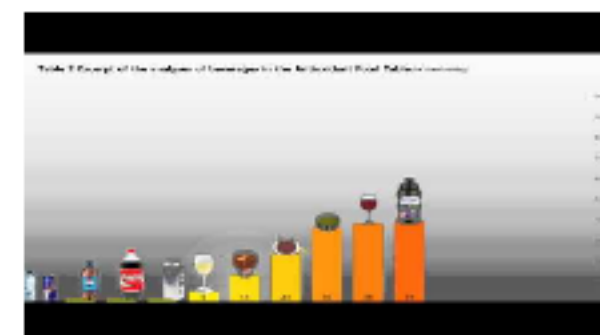
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Background: Previous studies suggest possible associations between Western diet and acne. We examined data from the Nurses Health Study II to retrospectively evaluate whether intakes of dairy foods during high school were associated with physician-diagnosed severe teenage acne.

Methods: We studied 47,355 women who completed questionnaires on high school diet in 1998 and physician-diagnosed severe teenage acne in 1989. We estimated the prevalence ratios and 95% confidence intervals of acne history across categories of intakes.

Results: After accounting for age, age at menarche, body mass index, and energy intake, the multivariate prevalence ratio (95% confidence intervals; *P* value for test of trend) of acne, comparing extreme categories of intake, were: 1.22 (1.03, 1.44; .002) for total milk; 1.12 (1.00, 1.25; .56) for whole milk; 1.16 (1.01, 1.34; .25) for low-fat milk; and 1.44 (1.21, 1.72; .003) for skim milk. Instant breakfast drink, sherbet, cottage cheese, and cream cheese were also positively associated with acne.

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Better Than Green Tea?

The antioxidant content of a number of popular beverages is compared: black tea, coffee, Coke, espresso, grape juice, green tea, hibiscus (Jamaica flower) tea, milk, Pepsi, Red Bull, red tea, red wine, and white wine. Which beats out even powdered (matcha) green tea?

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The Acne-Promoting Effects of Milk

Dairy is considered a major cause of the acne epidemic and other mor...