

## Dairy does not protect against bone loss during menopause transition

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(HealthDay)—Dairy intake is not associated with improvements in bone

mineral density or risk for fractures in women transitioning to menopause, according to a study recently published in *Menopause*.

Taylor C. Wallace, Ph.D., from George Mason University in Fairfax, Virginia, and colleagues used data from the Study of Women's Health Across the Nation to estimate the change in lumbar spine and femoral neck [bone](#) mineral density and the risk for bone fracture by the frequency of dairy intakes among [women](#) across the menopausal transition. Total dairy food consumption was categorized by servings per day:

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