

Milk consumption and cognitive function in children

CSIRO is looking for children aged 7 to 9 years to participate in a study investigating the effect of milk consumption on cognition. Participants must live in Adelaide as this study involves two visits to our research clinic.

About this study

The aim of this study is to investigate the effects of three milk drinks on cognitive function and physical growth and fitness in primary school children. The three milk drinks include:

1. a standard milk drink
2. a milk drink with added micronutrients
3. a milk drink with added micronutrients plus complex milk lipids

Your child will be asked to consume two 150ml serves (e.g. small glass) of milk every day for 6 months.

This study will run for 6 months. Your child will be required to attend the CSIRO Research Unit (located at SAMHRI on North Terrace in the Adelaide CBD) on 2 occasions, at the beginning (April 2017 school holidays) and at the end of the study (October 2017 school holidays). At each clinic visit we will take a sample of your child's blood and also measure their body composition, cognitive function and physical fitness.

At the completion of the first visit you will be provided with a prepaid EFTPOS card to the value of \$60 to cover your travel and time. At the completion of the study you will be provided with a prepaid EFTPOS card to the value of \$240 to thank you for your family's participation in the study.

Study Criteria

We are looking for children who:

- are aged 7 to 9 years in 2017,
- are low consumers of dairy (milk, cheese, yoghurt) and
- live in metropolitan Adelaide.

Participate in this study

If you and your child are interested in participating in this study, please complete the online screening form by clicking on the following link <http://www.surveymzmo.com/s3/3112056/Milk-Kids-4>

If you have any queries about this study or would like further information please call (08) 8303 8906, 1800 850 036 or email MilkKids@csiro.au