
The YUMMI study



The effects of daily consumption of cow, goat, or sheep milk on nutrition and digestive comfort in older women.

We are looking for healthy female volunteers aged 60–80 years old to participate in the YUMMI study, a 12-week research study to investigate the health effects of consuming different types of milk – cow, goat or sheep.

You will be provided with cow, goat or sheep milk powder to drink twice a day for 12-weeks, or you will be asked to eat your normal diet with no additional milk. You will need to attend five clinic visits – the time commitment for the study will be about 11 hours.

You will receive \$100 at the start of the study and \$100 on completion of the study in recognition of the actual or reasonable costs involved with participating in this study (e.g. parking and/or travel costs to attend the clinics).

If you are a woman aged 60–80 years and have a BMI of less than 30 (we can calculate this for you), are free from serious medical illness or gastrointestinal disorders, can drink milk, don't smoke and drink less than 21 units of alcohol each week; we would love to hear from you – see our details below.

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This project has been reviewed and approved by the University of Otago Human Ethics Committee, (Health). Reference: H22/067