

Table 3. Anthropometric variables

	Diet + curd		Control diet		p
	Baseline	Final	Baseline	Final	
Weight (kg)	68.9±10.2	68.0±9.7	76.5±11.6	75.5±11.4	ns
BMI (kg/m ²)	25.1±2.2	24.8±2.1	26.0±2.7	25.6±2.6	ns
Fat mass (kg)	17.7±5.5	17.0±5.1	19.9±5.7	19.4±5.0	ns
Fat-free mass (kg)	51.2±9.3	51.0±9.3	56.6±10.3	56.1±10.4	ns
Waist (cm)	81.3±10.3	80.1±9.5	88.7±12.7	88.1±12.7	ns
Tricipital skinfold (cm)	19.3±6.5	18.4±6.5	19.6±7.0	18.3±7.0	ns
SBP (mmHg)	110±10	107±9	111±13	107±14	ns
DBP (mmHg)	71±8	70±7	72±7	69±9	ns
BMD (g/cm ²)	1.2±0.1	1.2±0.1	1.2±0.1	1.2±0.1	ns

BMI: Body Mass Index; SBP: Systolic Blood Pressure; DBP: Diastolic Blood Pressure;
BMD: Bone Mineral Density