



## Dairy Products Consumption for Human Health

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### **Message from the Guest Editor**

Dairy products are key contributors to dietary quality, since, in a mixed diet, they provide a considerable amount of nutrients. In the last decade, increasing attention has been focused on the impact of dairy products, particularly milk, on health, suggesting a neutral or protective effect against obesity, cardiovascular disease, metabolic syndrome, some cancers, inflammation, and type 2 diabetes.

This Special Issue of *Nutrients* will address the impact of dairy product consumption on human health. Hence, we welcome the submission of original research articles or reviews investigating the association between the consumption of dairy products or their components and health throughout the lifespan. Health conditions could include, but are not restricted to, obesity, cardiovascular disease, metabolic syndrome, cancer, type 2 diabetes, neurodegenerative disease, and bone and mental health.





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