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Dairy Products for Human Health

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Message from the Guest Editor

Dear Colleagues,

Consumption of dairy foods has changed dramatically over the past sixty years in the United States, with much less fluid milk consumed, and increased consumption of cheeses and yogurts. Coffee, sugar-containing beverages, and plant-based milks have replaced much of the fluid milk consumption in the diet of Americans. At the same time, growth in both the international dairy industry, and global consumption of dairy foods has been substantial. Dairy foods are under considerable scrutiny, with concerns for the environment, and the biological effects of dairy components, including protein fractions, lipids, lactose, and other nutrients. At the same time, the high nutrient content in dairy foods, including protein, calcium, potassium, and riboflavin, make them a significant contributor to diet quality. Dairy product consumption can influence gut health, weight, cardiometabolic health, diabetes, bone mineral density, and many types of cancers, etc.

Dr. Dennis Savaiano
Guest Editor



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