



## Dairy Nutrition

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### Message from the Guest Editor

Dear Colleagues,

Dairy is an important source of nutrients such as calcium, protein, peptides, amino acids, vitamins and minerals. However consumption of dairy may be discouraged by concern about the risk of obesity and other chronic disease. Dairy may in fact be associated with reduced obesity, risk of heart disease, better cognitive health and increased satiety in addition to benefits to bone health. Progress has been made to help scientifically substantiate the potential health benefits associated with dairy consumption but more is needed to help change the negative perception that dairy sometimes appears to have. The purpose of this special issue is to provide a summary of new research highlighting the potential health benefits associated with dairy consumption.

Dr. Karen Murphy  
*Guest Editor*





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