



Milk

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Message from the Guest Editors

Dairy products have been an important part of the human diet for some 8000 years and are part of the official nutritional recommendations in many countries worldwide. They provide a package of key nutrients that are difficult to obtain in diets with limited or no dairy products, such as vegan or dairy restrictive diets. Indeed, dairy products are rich in calcium, protein, potassium and phosphorus.

Fermented milk products naturally have high nutritional value and many health-promoting effects, which may be attributed to the release of bioactive compounds.

The aim of this Special Issue is to present scientifically sound data regarding the risks and benefits related to the consumption milk and dairy products. Both microbiological aspects (e.g., the prevalence of milk-borne pathogens, pathogen growth inhibition by antimicrobial systems and by lactic acid producing bacteria, probiotic bacteria,) and nutritional or health aspects (nutritional value, immunity, allergies, lactose intolerance, diabetes, milk digestibility,) will be considered.

