

Special Issue

Lactose-Free Milk Beverages: Compositional, Technological and Nutritional Aspects

Message from the Guest Editor

Lactose intolerance is a common health concern that consists in the inability to digest significant amounts of lactose due to a genetically inadequate amount of intestinal lactase. People affected by lactose intolerance have to adhere to a lactose-free diet. In recent decades, the demand for high-quality lactose-free dairy beverages has significantly increased and their production has become an important socio-economic issue. Numerous lactose-free milk (in which lactose is enzymatically decomposed to glucose and galactose) and milk substitutes (based on soy, oat, rice, and other sources) are widely available on the market. However, valuable efforts are still needed in order to provide good-tasting alternatives for the large amount of people with lactose intolerance. This Special Issue hopes to bring together contributions aimed at exploring the various approaches and technologies for the production of nutritionally and economically adequate lactose-free beverages, with a main focus on their sensory and nutritional attributes.

Guest Editor

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Message from the Editor-in-Chief

Editor-in-Chief

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