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Recent Research Advances in Milk Lipids

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Message from the Guest Editor

Many studies have demonstrated that dietary saturated and *trans* fatty acids increase risk for human health. This scientific evidence has given rise to the concept of functional foods, creating a demand for foods with improved nutrient profiles. A typical example is the attempt in the dairy science sector to modify the composition of milk fat.

Milk and dairy products are the principal source of the saturated lipids intake in the world population. The negative effects of high level of these fats consumption on human health have increased dietician criticisms. On the other hand, cohort studies provide no convincing evidence that milk is harmful. In fact, dairy fat contains several components that may play an important role in human health: conjugated linoleic acid (CLA), vaccenic acid, branched-chain fatty acids, butyric acid, sphingolipids, and omega-3 fatty acids.

The aim of this Special Issue is to collect the most recent evidence in dairy feeding and breeding sector aimed to modify milk lipid composition, with emphasis to the functional properties.



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Special Issue



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Message from the Editor-in-Chief

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