

Special Issue

The Hidden Power of Milk: Bioactive Compounds and Their Health Impacts

Message from the Guest Editors

Milk is a highly complex food that serves as the primary source of nutrients for mammalian offspring. In addition to being a balanced source of macro and micronutrients, it is composed of a whole mix of bioactive compounds, such as immunoglobulins, fatty acids, hormones, bioactive peptides, or microRNAs, which play a key role in the development of offspring. Despite being a food that has been part of our diet for millennia, researchers have not yet fully studied the exact composition and bioactivity of certain components. In recent years, with the increase in interest in functional foods that promote healthy development and life, milk is once again gaining interest as a source of these bioactive compounds. This Special Issue will welcome both research and review papers that evaluate and characterize the presence of bioactive compounds in milk (both in humans and farm animals) and dairy products, the factors that influence their levels, as well as those that evaluate their effects in both in vitro and in vivo studies.

Guest Editors

Dr. Alexandre Lamas

Dr. Patricia Regal

Dr. Cristina A. Fente

Deadline for manuscript submissions

closed (17 June 2025)



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Foods
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
foods@mdpi.com

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About the Journal

Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science, Purdue University, West Lafayette, IN 47907, USA
2. Department of Comparative Pathobiology, Purdue University, West Lafayette, IN 47907, USA

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