

Special Issue

Approaches to Combating Lactose Intolerance through Fermented Dairy Foods and Probiotics

Message from the Guest Editor

Lactase, the β -galactosidase enzyme found in the small intestine, allows humans and other mammals to digest lactose, the primary carbohydrate in milk. Two-thirds to three-quarters of the adults in the world lack this enzyme, and consequently suffer from lactose intolerance. Milk is an excellent source of calcium, vitamin D, and high-quality protein; however, the inability to digest lactose prevents many people from drinking fluid milk. However, fermented milk, probiotics, and milk treated with lactase have little or no remaining lactose and can be enjoyed by lactose-intolerant consumers. New lactose-free products and processes for making them will, therefore, be welcomed by the dairy industry and its customers. This Special Issue focuses on lactose reduction and elimination through the use of bacteria and enzymes.

Guest Editor

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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.

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