

## Special Issue

# Recent Research Advances in Milk Lipids

### 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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## Foods

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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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