



Cow's Milk and Human Health

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Deadline for manuscript submissions:

closed (20 November 2021)

Message from the Guest Editor

For this special issue of *Nutrients*, we are seeking papers on cow's milk and human health. We welcome the submission of original research articles, reviews and meta-analyses investigating the effect of milk or milk products on human health.

Commonly consumed by humans worldwide, cow's milk and its products are recognized as important contributors of numerous minerals, vitamins and high-quality proteins. Indeed, in diversified diets, milk and other dairy products provide considerable amounts of calcium, vitamin A, vitamin B12, riboflavin, niacin and phosphorus. Although evidence has suggested that consuming milk benefits human health from childhood to adulthood, a decline in the per capita consumption of milk, often replaced by beverages with lower nutrient density, has also been reported. It remains important to join efforts to provide high-quality evidence about milk and other dairy foods for literature on nutrition.

Potential topics for the special issue include the effects of milk and milk products on, for example, non-communicable diseases, weight management and obesity, chronic inflammation, metabolic health, human growth, mental health and bone health.





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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

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