



## Dairy Products Consumption for Human Health

Guest Editor:

### **Dr. Sandra Abreu**

1. Research Centre in Physical Activity, Health, and Leisure (CIAFEL), Faculty of Sport, University of Porto, 4200-450 Porto, Portugal
2. Laboratory for Integrative and Translational Research in Population Health, 4050-600 Porto, Portugal
3. School of Life Sciences and Environment, University of Trás-os-Montes, and Alto Douro (UTAD), 5000-801 Vila Real, Portugal

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### **Message from the Guest Editor**

Dairy products are key contributors to dietary quality, since, in a mixed diet, they provide a considerable amount of nutrients. In the last decade, increasing attention has been focused on the impact of dairy products, particularly milk, on health, suggesting a neutral or protective effect against obesity, cardiovascular disease, metabolic syndrome, some cancers, inflammation, and type 2 diabetes.

This Special Issue of *Nutrients* will address the impact of dairy product consumption on human health. Hence, we welcome the submission of original research articles or reviews investigating the association between the consumption of dairy products or their components and health throughout the lifespan. Health conditions could include, but are not restricted to, obesity, cardiovascular disease, metabolic syndrome, cancer, type 2 diabetes, neurodegenerative disease, and bone and mental health.





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## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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## Contact Us

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
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