



## Dairy Nutrition

Guest Editor:

### **Dr. Karen Murphy**

Clinical and Health Sciences,  
Alliance for Research in Exercise,  
Nutrition and Activity (ARENA),  
University of South Australia, P.O.  
Box 2471, Adelaide, SA 5001,  
Australia

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

Dear Colleagues,

Dairy is an important source of nutrients such as calcium, protein, peptides, amino acids, vitamins and minerals. However consumption of dairy may be discouraged by concern about the risk of obesity and other chronic disease. Dairy may in fact be associated with reduced obesity, risk of heart disease, better cognitive health and increased satiety in addition to benefits to bone health. Progress has been made to help scientifically substantiate the potential health benefits associated with dairy consumption but more is needed to help change the negative perception that dairy sometimes appears to have. The purpose of this special issue is to provide a summary of new research highlighting the potential health benefits associated with dairy consumption.

Dr. Karen Murphy  
*Guest Editor*





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

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