

Special Issue

The Contribution of Dairy Foods to Human Health and Wellness

Message from the Guest Editor

Dairy foods such as milk, cheese, and yogurt are essential foods in a healthy diet. Dairy foods can contribute to our intake of important shortfall nutrients, including calcium, vitamin D, and potassium, as well as several other essential nutrients, such as protein, vitamin A, vitamin B12, riboflavin, phosphorus, zinc, iodine, and selenium. Emerging evidence, mostly from in vitro and animal studies, has suggested that the multiple health benefits attributed to the consumption of dairy foods may be related to the presence of bioactive components embedded in the major milk proteins, carbohydrates, and fats, which have potential health-promoting activities. For this Special Issue of *Nutrients*, we aim to further advance this line of research, by both expanding our knowledge and exploring new insights into the role dairy foods and/or dairy components might play in human health. We invite the submission of original research, including dietary intervention trials, observational studies, systematic reviews, meta-analyses, animal and mechanistic studies, etc., and review papers on the subject as well.

Guest Editor

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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