

Special Issue

Influence of Milk and Its Products in the Diet on Appetite, Body Composition, and Somatic Growth

Message from the Guest Editor

Milk and its products are an important component of the human diet both during infancy and in adulthood.

However, a number of unresolved questions about the effects of milk, whey, cheese and fermented milk products on appetite, body composition and somatic growth remain. Does milk protein suppress appetite? Are saturated short-chain fatty acids in milk and its products beneficial for general health and body composition, or do they represent cardiovascular risk factors? Do milk and its products have a beneficial effect on the human bacterial microbiome? What impact does the fermentation of milk to kefir have on human health? How does long-term exposure to milk in human pastoral populations affect the development of genetic changes in its digestion? The examination and discussion of these questions that will increase our understanding of this important component of the human diet and its role in human health. To that end, we invite you to submit your research and opinions on the influence of milk and its products on appetite, body composition, somatic growth and general health.

Guest Editor

Dr. Katarina T. Borer

School of Kinesiology, The University of Michigan, Ann Arbor, MI 48104, USA

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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 (UIBS), 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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