

Special Issue

Dairy Nutrition

Message from the Guest Editor

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.

Guest Editor

Dr. Karen Murphy

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

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Nutrients
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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