

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

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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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