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Nota di contenuto	Cover; Title Page; Copyright; Contents; Preface to the Technical Series; Preface; List of Contributors; Chapter 1 The Health Benefits of Bioactive Compounds from Milk and Dairy Products; 1.1 The importance of milk and dairy products; 1.2 Dairy products: Concerns and challenges; 1.3 Dairy products and public health; 1.3.1 Heart disease; 1.4 Major nutrients in milk; 1.4.1 Proteins; 1.4.2 Milk fat; 1.4.3 Lactose and its derivatives; 1.4.4 Vitamins and minerals; 1.5 Dairy products as functional foods; 1.6 Bioactive compounds from milk; 1.6.1 Bioactive peptides; 1.6.2 Other bioactivities 1.7 Probiotics and dairy products 1.8 Summary and future trends; References; Chapter 2 Bioactive Peptides from Casein and Whey Proteins; 2.1 Introduction; 2.2 Direct effects of casein and whey peptides on host immunity; 2.2.1 Immunomodulatory peptides derived from casein; 2.2.2 Immunomodulatory peptides derived from whey proteins; 2.2.3 Indirect effects of casein and whey peptides on host immunity; 2.3 Antimicrobial peptides; 2.3.1 Antimicrobial peptides derived from casein; 2.3.2 Antimicrobial peptides derived from whey

proteins; 2.4 Peptides that stimulate the gut microbiota
2.5 Peptides that regulate gut homeostasis
2.6 Potential for peptide bioactivities in vivo and outlook for the future; References; Chapter 3 Colostrum: Its Health Benefits; 3.1 Introduction; 3.2 Bioactive constituents of colostrums; 3.2.1 Peptide growth factors; 3.2.2 Non-peptide growth factors; 3.2.3 Immunological factors; 3.3 Bovine colostrum use in human health; 3.3.1 Gastrointestinal diseases; 3.3.2 Non-gastrointestinal diseases; 3.3.3 Colostrum and athletic performance; 3.4 Considerations; 3.5 Conclusion; References; Chapter 4 Casein and Whey Proteins in Human Health; 4.1 Introduction
4.2 Casein-derived proteins and their effect in human health
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4.4.4 The role of processing in the production of allergenic or bitter-tasting peptides; 4.5 Bioactive peptides production from milk and whey proteins; 4.5.1 Enzymatic hydrolysis; 4.5.2 Microbial fermentation; 4.5.3 Proteolysis; 4.6 Fractionation and enrichment of bioactive peptides; 4.7 Commercial applications and future outlook; 4.8 Conclusion; References; Chapter 5 Sports Nutrition and Dairy Products; 5.1 Introduction; 5.2 Energy balance; 5.3 Carbohydrates
5.3.1 Total dietary carbohydrate requirement

Sommario/riassunto

"This book draws together a wealth of information regarding the functional health benefits of milk and dairy products"--
