

1. Record Nr.	UNINA9910597915803321
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Titolo	Milk : Bioactive Components and Role in Human Nutrition / / Alessandra Durazzo
Pubbl/distr/stampa	Basel : , : MDPI AG - Multidisciplinary Digital Publishing Institute, , 2018
Descrizione fisica	1 online resource (164 pages) : illustrations
Disciplina	637.1
Soggetti	Milk
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	About the Special Issue Editor v -- Alessandra Durazzo, Milk: Bioactive Components and Role in Human Nutrition doi: 10.3390/beverages3040063 1 -- Laura Gennaro, Alessandra Durazzo, Sibilla Berni Canani, Fabrizia Maccati and Elisabetta Lupotto, Communication Strategies to Improve Healthy Food Consumption among Schoolchildren: Focus on Milk doi: 10.3390/beverages3030032 3 -- Megan Emerson, Michelle Hudgens, Allison Barnes, Elizabeth Hiller, Debora Robison, Roger Kipp, Ursula Bradshaw and Robert Siegel, Small Prizes Increased Plain Milk and Vegetable Selection by Elementary School Children without Adversely Affecting Total Milk Purchase doi: 10.3390/beverages3010014 15 -- Robert John, Karla J. Finnell, Dave S. Kerby, Jade Owen and Kendra Hansen, Reactions to a Low-Fat Milk Social Media Intervention in the US: The Choose 1% Milk Campaign doi: 10.3390/beverages3040047 22 -- Karla Jaye Finnell and Robert John, Research to Understand Milk Consumption Behaviors in a Food-Insecure Low-Income SNAP Population in the US doi: 10.3390/beverages3030046 36 == Massimo Lucarini, Bioactive Peptides in Milk: From Encrypted Sequences to Nutraceutical Aspects doi: 10.3390/beverages3030041 48 -- Silvia Vincenzetti, Stefania Pucciarelli, Valeria Polzonetti and Paolo Polidori, Role of Proteins and of Some Bioactive Peptides on the Nutritional Quality of Donkey Milk and Their Impact on Human Health doi: 10.3390/beverages3030034 58 -- Francesca Melini, Valentina Melini, Francesca Luziatelli and Maurizio

Ruzzi, Raw and Heat-Treated Milk: From Public Health Risks to Nutritional Quality doi: 10.3390/beverages3040054 78 -- Loretta Gambelli, Milk and Its Sugar-Lactose: A Picture of Evaluation Methodologies doi: 10.3390/beverages3030035 113 -- Charu Gupta and Dhan Prakash, Therapeutic Potential of Milk Whey doi: 10.3390/beverages3030031 119 -- Gregory H. Norris, Caitlin M. Porter, Christina Jiang and Christopher N. Blesso, Dietary Milk Sphingomyelin Reduces Systemic Inflammation in Diet-Induced Obese Mice and Inhibits LPS Activity in Macrophages doi: 10.3390/beverages3030037 133 -- Pamela Manzi and Alessandra Durazzo, Organic vs. Conventional Milk: Some Considerations on Fat-Soluble Vitamins and Iodine Content doi: 10.3390/beverages3030039 147.

Sommario/riassunto

Annotation Milk is a nutritious food item with various beneficial properties and has a long tradition in nutrition, having been part of human diet for thousands of years. The composition of milk varies among different species, and milk quality is affected by several factors, i.e., season, climate, feeding management, and stage of lactation, as well as heat-treatments and technological processes. Milk is a valuable source of bioactive components and its role and function in human diet has been increasingly investigated by epidemiological and experimental studies. Consumption of milk is influenced by several variables, i.e., sex, age, ethnicity, and other cultural factors, and specific recommendations vary from country to country. This book includes original researches and review papers, and provides an overview of the nutritional composition and profile of the bioactive components of milk, its variation, and its impact on human diet.
