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## Sommario/riassunto

Although there is no official definition of functional foods, it is generally considered that they are a group of foods which provide physiological benefits beyond those traditionally expected from food. Milk proteins have a great potential use as functional foods. It is not a one-nutrient food, nor is its impact restricted to one condition such as osteoporosis. Its many bioactive components are only just beginning to be defined and explained. Furthermore, healthy foods, nutraceuticals and food for specified human use, are one of the fields in constant growth in the food industry, as well as an emerging field of medical interest. Many mainstream health and nutrition organizations worldwide recommend daily consumption of dairy products for optimal health. Nevertheless, the last decade or so has seen an increase in the number and variety of claims made against the inclusion of milk and/or

its products in the diet. A single supplement cannot address all such matters, but the purpose of this book is to address in a scientific and objective manner the validity of some of these concerns. This book presents the views of some of the world's top nutrition scientists on this food that has served mankind for over 10,000 years.

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