



# **Handbook of Dairy Foods and Nutrition, Second Edition (Modern Nutrition)**

*Gregory D. Miller, Judith K. Jarvis, National Dairy Council, Lois D. McBean*

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This new edition of Handbook of Dairy Foods and Nutrition presents the latest developments in dairy foods research. It examines the role of dairy products in the diet for cardiovascular health, reducing risk for blood pressure and colon cancer, and enhancing bone and oral health. In addition, the bone health of vegetarians and lactose intolerant individuals are addressed. The importance of milk and milk products in the diet throughout the lifecycle is addressed.

WHAT'S NEW IN THE SECOND EDITION?

NEW CHAPTERS!

"Milk and Milk Products" will include:

- \*Official recommendations for inclusion of milk and milk products in the diet
- \*Nutrient contributions of milk and milk products
- \*Nutrient components (energy, carbohydrate, protein, fat, vitamins, minerals, electrolytes)
- \*Protection of quality of milk products
- \*Kinds of milk and milk products

"Contributions of Milk and Milk Products to a Healthy Diet Throughout the Life Cycle" will include:

- \*Unique aspects of each developmental stage in the life cycle
- \*Nutrient contributions of dairy foods to the diet
- \*Other non-nutrient components of dairy foods with known health benefits
- \*Official recommendations for the use of Milk Group foods for each age group
- \*Discussion of strategies to improve dairy food intake

PLUS EXTENSIVE REVISIONS TO EXISTING CHAPTERS INCLUDING:

- \*Recent American Heart Association recommendations
- \*Updated data on fat and cholesterol intake
- \*Tables of new RDAs/DRIs
- \*Latest information on the anticarcinogenic effect of dairy food components
- \*And much more!

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A lot of people always spent all their free time to vacation or maybe go to the outside with them family or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that is look different you can read any book. It is really fun in your case. If you enjoy the book which you read you can spent the entire day to reading a publication. The book Handbook of Dairy Foods and Nutrition, Second Edition (Modern Nutrition) it is very good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. If you did not have enough space to deliver this book you can buy often the e-book. You can m0ore quickly to read this book from your smart phone. The price is not to cover but this book offers high quality.

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