## Contents

*Contributors*  
*Preface*  

### 1 Production Systems around the World  

*Christian F. Gall*

1.1 Ecological conditions  

1.2 Systems  

1.2.1 Small-scale milk production  

1.2.2 Specialised milk production in large commercial dairies  

1.2.3 Dairy ranching  

1.2.4 Urban dairies  

1.2.5 Pastoralists  

1.3 Feed resources  

1.4 Animal species used for milk production  

1.4.1 Cattle  

1.4.1.1 Milk yield  

1.4.1.2 Milk composition  

1.4.1.3 Milk production in the tropics  

1.4.2 Sheep and goats  

1.4.3 Buffalo  

1.4.4 Camel  

1.4.5 Mare  

1.4.6 Yak  

1.4.7 Reindeer  

1.5 Breed improvement  

1.5.1 Pure breeding  

1.5.2 Artificial insemination  

1.5.3 Embryo transfer  

1.5.4 Genomic selection  

1.5.5 Crossbreeding  

1.6 Nutrition  

1.7 Animal health  

1.8 Reproduction  

1.9 Rearing of youngstock  

1.10 Housing  

1.11 Milking  

1.12 Milk marketing  

1.12.1 Marketing by smallholders  

1.12.2 Milk collection  

1.12.3 Producer organisations
Contents

1.13 Economics of milk production 20
  1.13.1 Productivity 21
  1.13.2 Longevity and lifetime production 21
1.14 Criticism of milk production 22
  1.14.1 Resource use 22
  1.14.2 Impact on the environment 22
1.15 Dairy development 23
  References 24

2 Mammary Secretion and Lactation 31
Young W. Park, Pierre-Guy Marnet, Lucile Yart, and George F.W. Haenlein

  2.1 Introduction 31
  2.2 Origin and anatomy of mammary glands 32
    2.2.1 Types of mammalian species and mammary glands 32
    2.2.2 Anatomy of mammary glands of domestic animals 32
  2.3 Mammogenesis and mammary gland growth 33
  2.4 Milk ejection (lactogenesis) and secretion 35
  2.5 Maintenance of lactation (galactopoiesis) 36
  2.6 Secretion of milk and its constituents 38
    2.6.1 Types of milk secretion 38
    2.6.2 Milk secretion process 39
    2.6.3 Comparative composition of blood and milk nutrients 39
  2.7 Involution of the mammary gland 40
  2.8 Challenges and opportunities in mammary secretion today and tomorrow 41
  References 42

3 Milking Procedures and Facilities 46
Pierre-Guy Marnet

  3.1 Introduction 46
  3.2 Machine milked animals throughout the world 46
  3.3 Milking principles 48
  3.4 Milking machine components and effects on milk harvesting and quality 49
    3.4.1 Vacuum system 50
    3.4.2 Pulsation system 51
    3.4.3 Mechanical effect of machine milking on milk quality 51
      3.4.3.1 Specific action of cluster and liners 52
      3.4.3.2 Specific action at the milk pump level 53
    3.4.4 Optional components 53
    3.4.5 Milking parlors and milking stalls 54
    3.4.6 Storing and cooling devices 57
    3.4.7 Cleaning systems 58
    3.4.8 New kinds of materials and sensing devices for better milk quality 59
  3.5 Milking practices 59
  3.6 Milking management of animals 60
    3.6.1 Lowering milking frequency 60
    3.6.2 Increasing milking frequency (three milkings and more per day) 61
  3.7 Conclusions 61
  References 61
4 Milk Lipids  
*Michael H. Gordon*  
4.1 Introduction 65  
4.2 Fatty acids 65  
4.3 Triacylglycerols 67  
4.4 Polar lipids: phospholipids and cholesterol 68  
4.5 Conjugated linoleic acids 68  
4.6 Genetic influences on milk fat concentrations and fatty acid profiles 70  
4.7 Influence of feeds, feeding regimes, pasture and stage of lactation on milk lipids and their levels 71  
4.8 Digestion of milk fat 72  
4.9 Nutritional effects of milk fatty acids 72  
4.10 Evidence for effects of milk fat on CVD from prospective cohort studies 74  
4.11 Evidence about the effects of dairy products on non-lipid risk factors 75  
4.12 Conclusion 75  
References 75  

5 Milk Major and Minor Proteins, Polymorphisms and Non-protein Nitrogen  
*Sándor Kukovics and Tímea Németh*  
5.1 Milk proteins 80  
5.1.1 Factors affecting the protein content of the milk 81  
5.2 The major milk proteins 81  
5.2.1 Caseins 82  
5.2.1.1 \( \alpha_s^1 \)-Casein 84  
5.2.1.2 \( \alpha_s^2 \)-Casein 84  
5.2.1.3 \( \beta \)-Casein 84  
5.2.1.4 \( \kappa \)-Casein 84  
5.2.1.5 The question of casein structure 84  
5.2.1.6 The importance of casein structure 85  
5.2.2 Whey (serum) proteins 86  
5.2.2.1 \( \alpha \)-Lactalbumin 86  
5.2.2.2 \( \beta \)-Lactoglobulin 86  
5.3 The polymorphisms of milk proteins 86  
5.3.1 The presence of polymorphisms in cattle populations 87  
5.3.2 Effects on milk production 93  
5.3.3 Effects on milk composition 94  
5.3.4 Interactions 95  
5.3.5 Effects on cheesemaking properties 95  
5.3.5.1 \( \beta \)-Lactoglobulin 96  
5.3.5.2 \( \kappa \)-Casein 96  
5.3.5.3 \( \beta \)-Casein 97  
5.4 Milk protein variants and human nutrition: the human benefit 97  
5.4.1 Hypoallergenic milk 97  
5.4.2 Biopeptides 97  
5.5 The minor proteins 99  
5.5.1 Lactoferrin 99  
5.5.2 Serum albumin (bovine serum albumin) 99  
5.5.3 Immunoglobulins 99  
5.5.4 Hormones 100  
5.5.5 Growth factors 100
5.5.6 Milk enzymes 100
  5.5.6.1 Lysozyme 100
  5.5.6.2 Lactoperoxidase 100
5.5.7 Metal-binding proteins 100
5.5.8 Vitamin-binding proteins 100
5.5.9 Glycoproteins 101
5.5.10 Lactollin 101
5.5.11 β2-Microglobulin 101
5.5.12 Osteopontin 101
5.5.13 Proteose peptone 3 101
5.5.14 Milk fat globule membrane proteins 101
5.6 Non-protein nitrogen 101
  5.6.1 Urea 102
References 103

6 Milk Protein Allergy 111
Melanie L. Downs, Jamie L. Kabourek, Joseph L. Baumert, and Steve L. Taylor

6.1 Introduction 111
6.2 IgE-mediated food allergy 111
  6.2.1 Mechanism 111
  6.2.2 Commonly allergenic foods 112
  6.2.3 Sensitization and its prevention 113
  6.2.4 Diagnosis of food allergies 113
  6.2.5 Prevention and treatment of food allergy 114
  6.2.6 Cows’ milk and avoidance diets 115
6.3 Delayed food allergies 116
6.4 Cows’ milk allergy 116
  6.4.1 Whey proteins 117
    6.4.1.1 β-Lactoglobulin 117
    6.4.1.2 α-Lactalbumin 117
    6.4.1.3 Minor whey proteins 118
  6.4.2 Caseins 118
6.5 Cross-reactivity with milk from other species 120
6.6 Effects of processing on allergenicity 121
6.7 Other mechanisms 123
References 124

7 Milk Carbohydrates and Oligosaccharides 129
Alessandra Crisà

7.1 Introduction 129
7.2 Lactose and minor sugar 129
  7.2.1 Composition and concentration of carbohydrate in milk and dairy products
    of different species 130
7.3 Oligosaccharides 134
  7.3.1 Purification and characterization of oligosaccharides from milk 135
  7.3.2 Methods for structural analysis 135
  7.3.3 Composition and concentration of oligosaccharides in milk of different species 136
7.4 Carbohydrates as prebiotics in the gastrointestinal tract 138
7.5 Other oligosaccharide functions 139
7.6 Genetics of carbohydrate metabolism during lactation 140
References 141
8  Milk Bioactive Proteins and Peptides  
Hannu J. Korhonen and Pertti Marnila  

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.1 Introduction</td>
<td>148</td>
</tr>
<tr>
<td>8.2 Caseins</td>
<td>149</td>
</tr>
<tr>
<td>8.3 Whey proteins</td>
<td>149</td>
</tr>
<tr>
<td>8.3.1 α-Lactalbumin</td>
<td>149</td>
</tr>
<tr>
<td>8.3.2 β-Lactoglobulin</td>
<td>150</td>
</tr>
<tr>
<td>8.3.3 Glycomacropeptide</td>
<td>150</td>
</tr>
<tr>
<td>8.3.4 Lactoferrin</td>
<td>151</td>
</tr>
<tr>
<td>8.3.4.1 Antimicrobial effects</td>
<td>152</td>
</tr>
<tr>
<td>8.3.4.2 Immunological effects and cancer prevention</td>
<td>152</td>
</tr>
<tr>
<td>8.3.4.3 Applications and safety aspects</td>
<td>153</td>
</tr>
<tr>
<td>8.3.5 Lactoperoxidase and lysozyme</td>
<td>153</td>
</tr>
<tr>
<td>8.3.5.1 Lactoperoxidase</td>
<td>153</td>
</tr>
<tr>
<td>8.3.5.2 Lysozyme</td>
<td>154</td>
</tr>
<tr>
<td>8.3.6 Growth factors and cytokines</td>
<td>155</td>
</tr>
<tr>
<td>8.3.7 Immunoglobulins</td>
<td>156</td>
</tr>
<tr>
<td>8.3.7.1 Functions of immunoglobulins</td>
<td>156</td>
</tr>
<tr>
<td>8.3.7.2 Immunoglobulins and immune milk preparations</td>
<td>157</td>
</tr>
<tr>
<td>8.4 Bioactive peptides</td>
<td>158</td>
</tr>
<tr>
<td>8.4.1 Production systems</td>
<td>158</td>
</tr>
<tr>
<td>8.4.2 Functionality</td>
<td>159</td>
</tr>
<tr>
<td>8.4.2.1 Antihypertensive</td>
<td>159</td>
</tr>
<tr>
<td>8.4.2.2 Antimicrobial</td>
<td>159</td>
</tr>
<tr>
<td>8.4.2.3 Immunomodulatory</td>
<td>160</td>
</tr>
<tr>
<td>8.4.2.4 Mineral binding</td>
<td>161</td>
</tr>
<tr>
<td>8.4.3 Occurrence in dairy products</td>
<td>161</td>
</tr>
<tr>
<td>8.4.4 Applications</td>
<td>161</td>
</tr>
<tr>
<td>8.5 Other minor proteins</td>
<td>163</td>
</tr>
<tr>
<td>8.6 Conclusions</td>
<td>163</td>
</tr>
</tbody>
</table>

References 164

9  Milk Minerals, Trace Elements, and Macroelements  
Frédéric Gaucheron  

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.1 Introduction</td>
<td>172</td>
</tr>
<tr>
<td>9.2 Macroelements in milk and dairy products from the cow</td>
<td>172</td>
</tr>
<tr>
<td>9.2.1 Calcium (Ca)</td>
<td>172</td>
</tr>
<tr>
<td>9.2.1.1 Calcium in the human organism and biological roles</td>
<td>172</td>
</tr>
<tr>
<td>9.2.1.2 Contents and chemical forms of Ca in milk and dairy products</td>
<td>172</td>
</tr>
<tr>
<td>9.2.1.3 Dairy contribution to the total Ca intake and Ca absorption</td>
<td>178</td>
</tr>
<tr>
<td>9.2.1.4 Physiological roles of Ca from milk and dairy products</td>
<td>178</td>
</tr>
<tr>
<td>9.2.1.5 Calcium supplementation of dairy products</td>
<td>180</td>
</tr>
<tr>
<td>9.2.2 Phosphorus (P)</td>
<td>180</td>
</tr>
<tr>
<td>9.2.2.1 Phosphorus in the human organism and biological roles</td>
<td>180</td>
</tr>
<tr>
<td>9.2.2.2 Contents and chemical forms of P in milk and dairy products</td>
<td>180</td>
</tr>
<tr>
<td>9.2.2.3 Dairy contribution to the total P intake and P absorption</td>
<td>181</td>
</tr>
<tr>
<td>9.2.3 Magnesium (Mg)</td>
<td>181</td>
</tr>
<tr>
<td>9.2.3.1 Magnesium in the human organism and biological roles</td>
<td>181</td>
</tr>
<tr>
<td>9.2.3.2 Contents and chemical forms of Mg in milk and dairy products</td>
<td>181</td>
</tr>
<tr>
<td>9.2.3.3 Dairy contribution to the total Mg intake and Mg absorption</td>
<td>181</td>
</tr>
</tbody>
</table>
9.2.4 Sodium (Na), chloride (Cl), and potassium (K) 181
  9.2.4.1 Sodium, chloride, and potassium in the human organism and biological roles 181
  9.2.4.2 Contents and chemical forms of Na, Cl, and K in milk and dairy products 182
  9.2.4.3 Dairy contribution to the total Na, Cl, and K intakes and Na, Cl, and K absorptions 182

9.3 Trace elements in milk and dairy products from the cow 182
  9.3.1 Iron (Fe) 182
    9.3.1.1 Iron in the human organism and biological roles 182
    9.3.1.2 Contents and chemical forms of Fe in milk and dairy products 182
    9.3.1.3 Dairy contribution to the total Fe intake and Fe absorption 183
    9.3.1.4 Iron supplementation of dairy products 183
  9.3.2 Copper (Cu) 183
    9.3.2.1 Copper in the human organism and biological roles 183
    9.3.2.2 Contents and chemical forms of Cu in milk and dairy products 183
    9.3.2.3 Dairy contribution to the total Cu intake and Cu absorption 184
  9.3.3 Zinc (Zn) 184
    9.3.3.1 Zinc in the human organism and biological roles 184
    9.3.3.2 Contents and chemical forms of Zn in milk and dairy products 184
    9.3.3.3 Dairy contribution to the total Zn intake and Zn absorption 184
  9.3.4 Selenium (Se) 185
    9.3.4.1 Selenium in the human organism and biological roles 185
    9.3.4.2 Contents and chemical forms of Se in milk and dairy products 185
    9.3.4.3 Dairy contribution to the total Se intake 185
    9.3.4.4 Selenium supplementation of dairy products 185
  9.3.5 The other trace elements in milk and dairy products from the cow 185
    9.3.5.1 Manganese (Mn) 185
    9.3.5.2 Iodine (I) 186
    9.3.5.3 Fluoride (F) 186
    9.3.5.4 Chromium (Cr) 187
    9.3.5.5 Lead (Pb) and cadmium (Cd) 187
    9.3.5.6 Cobalt (Co) 187
    9.3.5.7 Molybdenum (Mo) 187
    9.3.5.8 Arsenic (As) 187
    9.3.5.9 Nickel (Ni) 188
    9.3.5.10 Silicon (Si) 188
    9.3.5.11 Boron (B) 188

9.4 Minerals in milk and dairy products of other species 188
  9.4.1 Sheep 188
  9.4.2 Goat 188
  9.4.3 Buffalo 190
  9.4.4 Yak 190
  9.4.5 Camel 190
  9.4.6 Mare 191

9.5 Conclusion 191
  References 191

10 Vitamins in Milks 200
  Benoît Graulet, Bruno Martin, Claire Agabriel and Christiane L. Girard 200
  10.1 Introduction 200
  10.2 Availability of vitamins in milk in relation to human health 201
Contents

10.2.1 Fat-soluble vitamins 201
  10.2.1.1 Vitamin A 201
  10.2.1.2 Vitamin D 203
  10.2.1.3 Vitamin E 204
  10.2.1.4 Vitamin K 205
10.2.2 Water-soluble vitamins 206
  10.2.2.1 B-complex vitamins 206
  10.2.2.2 Vitamin C 211
10.2.3 Differences in milk vitamin content between bovine and other dairy species 211
10.3 Animal and nutritional factors modulating vitamin content in bovine milk 212
  10.3.1 Effects of feeding practices on vitamin concentrations in milk 212
  10.3.2 Non-dietary factors affecting milk concentrations of vitamins 214
10.4 Vitamin content in cheeses 214
10.5 Conclusions 215
References 215

11 Milk Minor Constituents, Enzymes, Hormones, Growth Factors, and Organic Acids 220

Lígia R. Rodrigues

11.1 Introduction 220
11.2 Milk minor constituents 221
  11.2.1 Salts and minerals 221
  11.2.2 Vitamins 221
  11.2.3 Immune components 224
  11.2.4 Bioactive peptides 224
  11.2.5 Polyamines 225
  11.2.6 Nucleotides 225
  11.2.7 Proteose peptones 226
  11.2.8 Branched-chain amino acids and other amino acids 226
  11.2.9 Taurine 226
  11.2.10 Glutathione 227
11.3 Milk enzymes 227
  11.3.1 Lactoperoxidase 229
  11.3.2 Catalase 229
  11.3.3 Xanthine oxidoreductase 229
  11.3.4 Proteinases 230
    11.3.4.1 Plasmin 230
    11.3.4.2 Cathepsin D 230
  11.3.5 Lipases and esterases 230
  11.3.6 Amylase 231
  11.3.7 Alkaline phosphatase 231
  11.3.8 Acid phosphatase 231
  11.3.9 Ribonuclease 231
  11.3.10 N-Acetyl-β-d-glucosaminidase 232
  11.3.11 Lysozyme 232
  11.3.12 γ-Glutamyl transferase 232
  11.3.13 Superoxide dismutase 232
  11.3.14 Sulphydryl oxidase 233
  11.3.15 Aldolase 233
  11.3.16 Glutathione peroxidase 233
## Contents

11.4 Milk hormones and growth factors 233  
11.4.1 Hormones 234  
11.4.1.1 Gonadal hormones 234  
11.4.1.2 Adrenal gland hormones 234  
11.4.1.3 Pituitary hormones 234  
11.4.1.4 Hypothalamic hormones 235  
11.4.1.5 Other hormones 235  
11.4.2 Growth factors 235  
11.5 Milk organic acids 237  
11.6 Future perspectives and concerns 238  
References 239

12 Lactose Intolerance 246  
*Salam A. Ibrahim and Rabin Gyawali*

12.1 Introduction 246  
12.1.1 Lactose and lactase 246  
12.1.2 Types of lactose intolerance 248  
12.1.3 Symptoms of lactose intolerance 249  
12.1.4 Methods to quantify lactose maldigestion 249  
12.1.4.1 Direct measurements 249  
12.1.4.2 Indirect measurements 250  
12.1.5 Prevalence, age, gender, and genetics 250  
12.1.6 Non-probiotic dietary approach to alleviate lactose intolerance 251  
12.1.7 Intestinal microflora, fermentation, and fermented foods 252  
12.1.8 Use of probiotics to alleviate lactose intolerance 253  
12.2 Conclusions 256  
References 256

13 Milk Quality Standards and Controls 261  
*Young W. Park, Marzia Albenzio, Agostino Sevi, and George F.W. Haenlein*

13.1 Introduction 261  
13.2 General principles for production of quality milk 262  
13.3 Regulatory standards of quality milk and dairy products for different species 262  
13.4 Quality control principles for milk production on dairy farms 264  
13.5 HACCP plans and hazard components in the production of quality dairy products 265  
13.6 Recommended control systems for production of quality milk products 271  
13.7 Etiology of mastitis and milk hygiene 272  
13.8 Cell types and composition of milk in response to mammary gland inflammation 273  
13.9 Flow cytometric method for leukocyte differential count 275  
13.10 Factors affecting milk composition and yield in relation to milk quality 277  
13.10.1 Diet 277  
13.10.2 Breed 277  
13.10.3 Stage of lactation 278  
13.10.4 Season 278  
13.10.5 Environmental temperature 278  
13.10.6 Ventilation 279  
13.10.7 Milking machine 279  
13.10.8 Stocking density 280  
13.10.9 Diseases 280  
13.10.10 Colostrum 281  
13.10.11 Others 281
13.11 Factors affecting quality of raw milk before and after milking 281
  13.11.1 Factors affecting quality of raw milk before and during milking 281
  13.11.2 Factors affecting quality of raw milk after milking 282
13.12 Pasteurization and post-pasteurization treatments for production
  of quality milk 282
  13.12.1 Pasteurization 282
  13.12.2 Vat pasteurization 282
  13.12.3 Post-pasteurization contamination 283
References 284

14 Sanitary Procedures, Heat Treatments and Packaging 288
  Golfo Moatsou
  14.1 Introduction 288
  14.2 Sanitary aspects related to raw milk 288
    14.2.1 Important microbiological aspects 288
    14.2.2 Pathogenic microorganisms 290
    14.2.3 Psychrotrophic microorganisms 291
    14.2.4 Non-microbial contaminants in milk 291
    14.2.5 Handling of raw milk: measures for controlling its keeping
      quality prior to processing 292
      14.2.5.1 Biofilm control 292
      14.2.5.2 Cooling and thermisation 292
      14.2.5.3 Lactoperoxidase system 292
      14.2.5.4 Carbon dioxide addition 292
      14.2.5.5 Centrifugation, clarification and bactofugation 292
      14.2.5.6 Microfiltration 293
  14.3 Strategies for producing heat-treated milk for human consumption 293
    14.3.1 Pasteurisation 293
    14.3.2 UHT treatment 294
    14.3.3 Extended shelf-life technology 295
    14.3.4 Types of heat treatment 295
    14.3.5 Packaging 297
  14.4 Effects of heat treatments on milk 298
    14.4.1 Effect on milk constituents 299
      14.4.1.1 Proteins 299
      14.4.1.2 Enzymes 300
      14.4.1.3 Vitamins 302
    14.4.2 Formation of new substances 303
      14.4.2.1 Isomerisation of lactose to lactulose 303
      14.4.2.2 Maillard reaction products 304
    14.4.3 Others 305
  14.5 Conclusions 305
References 305

15 Sensory and Flavor Characteristics of Milk
  Irma V. Wolf, Carina V. Bergamini, Maria C. Perotti, and Erica R. Hynes
  15.1 Introduction 310
  15.2 Significance of flavor and off-flavor on milk quality: sensory and
      instrumental methods 311
  15.3 Milk from ruminant species 312
    15.3.1 Volatile profile and sensory characteristics of fresh milk 312

References
15.3.2 Variations in flavor of fresh milk from ruminant species 317
  15.3.2.1 Variations in milk flavor associated with farm management 317
  15.3.2.2 Variations in milk flavor associated with factory management 320
15.3.3 Volatile profile and sensory characteristics of heat-treated milk 322
  15.3.3.1 Ultrapasteurized milk and ultra-high-temperature treated milk 322
  15.3.3.2 Milk powder, sterilized, and concentrated milk 323
  15.3.3.3 Infant formula 323
15.3.4 Variations in flavor of heat-treated milk 324
  15.3.4.1 Ultrapasteurized milk and ultra-high-temperature treated milk 324
  15.3.4.2 Milk powder, sterilized, and concentrated milk 325
  15.3.4.3 Infant formula 326
15.3.5 Volatile profile and sensory characteristics of non-thermally treated milk 326
  15.3.5.1 Microfiltration 326
  15.3.5.2 Ultrasound 327
  15.3.5.3 Pulsed electric field 327
  15.3.5.4 Microwave 327
  15.3.5.5 High hydrostatic pressure 327
  15.3.5.6 Ultra-high-pressure homogenization 328
15.4 Milk from monogastric species 328
References 329

16 Fermented Milk and Yogurt 338
  Sae-Hun Kim and Sejong Oh 338
  16.1 General aspects of fermented milk 338
    16.1.1 Yogurts 338
      16.1.1.1 Types of yogurt 338
      16.1.1.2 Production and consumption 339
      16.1.1.3 Recent new product trends 339
    16.1.2 Other fermented bovine milk products 340
      16.1.2.1 Cultured buttermilk 340
      16.1.2.2 Cultured cream 341
      16.1.2.3 Acidophilus milk 341
      16.1.2.4 Kefir 341
      16.1.2.5 Other fermented milk products 341
    16.1.3 Fermented milk and yogurt products from other dairy species 341
      16.1.3.1 Fermented goat milk products 341
      16.1.3.2 Fermented sheep milk products 342
      16.1.3.3 Fermented buffalo milk products 342
      16.1.3.4 Fermented mare milk products 342
  16.2 Standards and regulations 343
    16.2.1 International Codex Standard 343
      16.2.1.1 Description 343
      16.2.1.2 Composition 343
    16.2.2 USA, Australia and New Zealand, and Europe 343
      16.2.2.1 Description 343
      16.2.2.2 Composition 345
    16.2.3 China 345
      16.2.3.1 Description 345
      16.2.3.2 Composition 345
    16.2.4 Japan 345
      16.2.4.1 Description 345
      16.2.4.2 Composition 345
16.2.5 Korea 345
  16.2.5.1 Description 345
  16.2.5.2 Composition 345

16.3 Health benefits of fermented milk products 346
  16.3.1 Nutritional benefits 346
  16.3.2 Diarrheal disease 347
  16.3.3 Immune regulation 347
  16.3.4 Prevention of osteoporosis 347
  16.3.5 Cholesterol reduction 348
  16.3.6 Cancer prevention 349

16.4 Future aspects 353
References 353

17 Cheese Science and Technology 357
Patrick F. Fox and Timothy P. Guinee 357

17.1 Introduction 357

17.2 Selection and treatment of milk 357
  17.2.1 Milk of different species 359
  17.2.2 Standardisation of milk composition 360
  17.2.3 Heat treatment of milk 360
  17.2.4 Cheese colour 361

17.3 Conversion of milk to cheese curd 361
  17.3.1 Acidification and starter cultures 361
  17.3.2 Secondary cultures 363
  17.3.3 Coagulation 363
  17.3.4 Rennet-coagulated cheeses 363

17.4 Post-coagulation operations 365
  17.4.1 Cutting the gel 365
  17.4.2 Cooking the curds 365
  17.4.3 Syneresis 365
  17.4.4 Draining the curd 367
  17.4.5 Cheddaring of the curd 367
  17.4.6 Curd washing 368
  17.4.7 Moulding and pressing 369
  17.4.8 Salting 369
    17.4.8.1 Nutritional significance of salt in cheese 370
  17.4.9 Packaging 370

17.5 Membrane processing in cheese technology 371

17.6 Ripening 372
  17.6.1 Ripening agents 373
  17.6.2 Ripening reactions 373
    17.6.2.1 Glycolysis and related events 373
    17.6.2.2 Lipolysis 374
    17.6.2.3 Proteolysis 374
  17.6.3 Accelerated ripening of cheese 375

17.7 Factors that affect the quality of cheese 375

17.8 Cheese flavour 377

17.9 Cheese texture 377
  17.9.1 Measurement of cheese texture 377
  17.9.2 Textural characteristics of different cheeses 377
  17.9.3 Texture at the macrostructural level 378
17.10 Processed cheese products
17.10.1 Principles of manufacture
17.10.2 Uses and characteristics of PCPs
17.10.3 Cheese analogues
17.11 Cheese as a food ingredient
17.12 Cheese production and consumption
17.13 Classification of cheese
17.14 Cheese as a source of nutrients
  17.14.1 Fat in cheese
  17.14.2 Protein in cheese
  17.14.3 Lactose
  17.14.4 Inorganic elements
  17.14.5 Vitamins
17.15 Conclusions
References

18 Butter, Ghee, and Cream Products
  Hae-Soo Kwak, Palanivel Ganesan, and Mohammad Al Mijan

18.1 Introduction
18.2 Manufacture of butter, ghee, and cream products
  18.2.1 Butter
  18.2.2 Ghee
  18.2.3 Cream
    18.2.3.1 Coffee cream
    18.2.3.2 Cultured cream
    18.2.3.3 Whipping cream
18.3 Nutritive values of butter, ghee, and cream
  18.3.1 Butter
  18.3.2 Ghee
  18.3.3 Cream
18.4 Human health benefit components in butter, ghee, and cream
  18.4.1 Milk fat globule membrane
  18.4.2 Health benefits of MFGM polar lipids
  18.4.3 Sphingolipids: anticholesterol effect and heart disease
  18.4.4 Sphingolipids and cancer
  18.4.5 Sphingolipids: bactericidal effect
  18.4.6 Sphingolipids: effects on diabetes mellitus and Alzheimer disease
  18.4.7 Sphingolipids and multiple sclerosis
  18.4.8 Phospholipids
  18.4.9 Protein fractions of MFGM
    18.4.9.1 Anticancer effects
    18.4.9.2 MFGM proteins, autism, and multiple sclerosis
    18.4.9.3 Antibacterial and antiadhesive effects of MFGM proteins
18.5 Conjugated linoleic acid
  18.5.1 Carcinogenesis
  18.5.2 Colonic and colorectal cancer
  18.5.3 Breast cancer
  18.5.4 Gastrointestinal cancer
  18.5.5 Diabetes
  18.5.6 Obesity
  18.5.7 Atherosclerosis
20.2.3.5 Flavors 444  
20.2.3.6 Freezing 446  
20.2.3.7 Overrun 446  
20.2.3.8 Types of ice cream freezers 446  
20.2.3.9 Hardening 447  
20.2.4 Frozen yogurt 448  
20.2.5 Packaging 448  
20.3 Nutritional profile of ice cream 448  
20.3.1 Contribution of milk 448  
20.3.1.1 Milk proteins 449  
20.3.1.2 Milk fat 449  
20.3.1.3 Lactose 451  
20.3.1.4 Minerals 452  
20.3.1.5 Vitamins and some other minor constituents 452  
20.3.2 Nutrient profile of ice cream and frozen desserts 453  
20.3.3 Frozen dairy products from milk of species other than cow 455  
References 456  
21 Nutritional Formulae for Infants and Young Children 458  
Séamus McSweeney, Jonathan O’Regan and Dan O’Callaghan 458  
21.1 Introduction 458  
21.2 History of infant formula 458  
21.3 Classification and regulation of formulae for infants and young children 459  
21.4 Safety and quality 459  
21.5 Product range and formulation 459  
21.5.1 General formulation principles 459  
21.5.2 Milk protein-based first-age infant formulae 459  
21.5.2.1 Energy 462  
21.5.2.2 Protein 462  
21.5.2.3 Lipids 465  
21.5.2.4 Carbohydrate 466  
21.5.2.5 Minerals 467  
21.5.2.6 Vitamins 467  
21.5.2.7 Probiotics, prebiotics and synbiotics 468  
21.5.2.8 Other nutrients 468  
21.5.2.9 Processing aids and food additives 469  
21.5.3 Specialised first-age infant formulae 469  
21.5.4 Formulae for low-birthweight and premature infants 470  
21.5.5 Follow-on formulae 471  
21.5.6 Growing-up milks 471  
21.5.7 Formulae for pregnant and lactating women 471  
21.6 Processing and manufacture of formulae for infants and young children 471  
21.7 Packaging of formulae for infants and young children 473  
21.8 Future developments 473  
References 473  
22 Whey and Whey Products 477  
Sanjeev Anand, Som Nath Khanal, and Chenchaiah Marella 477  
22.1 Introduction 477  
22.2 Sources and types of whey 477  
22.2.1 Acid and sweet whey 477  
22.2.2 Whey from other species 478
Contents

22.3 Whey production and utilization 480
22.4 Major commercialized whey products 480
  22.4.1 Whey powder 480
  22.4.2 Whey protein concentrates 481
  22.4.3 Whey protein isolate 481
  22.4.4 Whey protein fractions
      22.4.4.1 α-Lactalbumin 483
      22.4.4.2 β-Lactoglobulin 484
      22.4.4.3 Glycomacropeptide 484
      22.4.4.4 Bovine serum albumin 484
      22.4.4.5 Lactoferrin 484
      22.4.4.6 Lactoperoxidase 485
      22.4.4.7 Immunoglobulins 485
  22.4.5 Non-protein whey products 485
      22.4.5.1 Lactose 485
      22.4.5.2 Milk minerals 485
  22.4.6 Products from non-bovine whey
      22.4.6.1 Whey cheeses 486
      22.4.6.2 Other whey products 486
  22.5 Nutritional value of whey components 487
      22.5.1 Protein and bioactive peptides
          22.5.1.1 Whey protein quality 487
          22.5.1.2 Whey protein digestion and absorption 488
          22.5.1.3 Biological functions of whey proteins 488
          22.5.1.4 Antimicrobial activity of whey proteins 488
          22.5.1.5 Therapeutic values of whey proteins 489
          22.5.1.6 Whey proteins in specialized nutrition 489
      22.5.2 Lactose 491
          22.5.2.1 Whey products for lactose intolerance 491
      22.5.3 Vitamins and minerals in whey 492
  22.6 Future prospects for dietary applications of whey 492
References 492

23 Goat Milk 498
George Zervas and Eleni Tsiplakou

23.1 Introduction 498
23.2 Composition of goat milk
  23.2.1 Fat 499
  23.2.2 Fatty acids 500
  23.2.3 Proteins 500
  23.2.4 Whey proteins 501
  23.2.5 Amino acids 501
  23.2.6 Non-protein nitrogen 502
  23.2.7 Minor proteins 502
  23.2.8 Carbohydrates 502
  23.2.9 Minerals and vitamins 502
  23.3 Effects of feeding and management on goat milk composition 502
  23.4 The contribution of goat milk to human nutrition and health
      23.4.1 The effects of milk fat 504
      23.4.2 The effects of milk proteins 506
      23.4.3 The effects of milk bioactive peptides
          23.4.3.1 Angiotensin I-converting enzyme 508
References 508
23.4.3.2 Nucleotides 508
23.4.3.3 Polyamines 509
23.4.3.4 Sialic acid 509
23.4.3.5 Taurine 509
23.4.3.6 Growth factors 509
23.4.4 The effects of milk oligosaccharides 509
23.4.5 The effects of milk minerals and vitamins 509
23.4.6 Goat milk products 509
   23.4.6.1 Fermented milk, yogurt 510
   23.4.6.2 Cheeses 510
   23.4.6.3 Powder and condensed milk 511
   23.4.6.4 Butter 511
   23.4.6.5 Other goat milk products 511

23.5 Conclusions 512
References 512

24 Buffalo Milk 519

Sarfraz Ahmad 519

24.1 Introduction 519
   24.1.1 Buffalo populations and breeds 519
   24.1.2 Buffalo milk production and consumption 519
   24.1.3 Socioeconomic importance of buffaloes 521
   24.1.4 Buffalo milk commercial products 521

24.2 Major milk constituents and their nutritional importance 522
   24.2.1 Fat 522
      24.2.1.1 Fat globules 525
      24.2.1.2 Triglycerides 526
      24.2.1.3 Fatty acids 526
      24.2.1.4 Conjugated linoleic acid 526
      24.2.1.5 Minor fat constituents (cholesterol, phospholipids, gangliosides) 526
   24.2.2 Proteins 527
      24.2.2.1 Caseins 527
      24.2.2.2 Whey proteins 530
      24.2.2.3 Minor proteins 530
   24.2.3 Carbohydrates 534
      24.2.3.1 Oligosaccharides 534
      24.2.3.2 Minor sugar fractions 534
   24.2.4 Minerals 535
      24.2.4.1 Major minerals 535
      24.2.4.2 Trace elements 535
   24.2.5 Enzymes 536
      24.2.5.1 Lysozyme 536
      24.2.5.2 Lactoperoxidase 537
      24.2.5.3 Xanthine oxidase 537
   24.2.6 Vitamins 537
      24.2.6.1 Fat-soluble vitamins 538
      24.2.6.2 Water-soluble vitamins 538

24.3 Nutritional and health benefits of buffalo milk and its products 538
   24.3.1 Buffalo health 539
   24.3.2 Effect of buffalo milk on particular diseases 540
      24.3.2.1 Osteoporosis 540
      24.3.2.2 Allergy 540
## Contents

24.3.2.3 Dental caries 541  
24.3.2.4 Cancer 541  

### 24.3 Role of constituents of buffalo milk and products in human nutrition and health 542  
#### 24.3.3.1 Fatty acids and glycerides 542  
#### 24.3.3.2 Conjugated linoleic acid 543  
#### 24.3.3.3 Minerals 543  
#### 24.3.3.4 Bioactive peptides from caseins and whey proteins 543  

### 24.4 Conclusions 545  

References 546  

### 25 Sheep Milk 554  
*Miguel Angel de la Fuente, Mercedes Ramos, Isidra Recio and Manuela Juárez*  

#### 25.1 Introduction 554  

#### 25.2 Lipids 555  
##### 25.2.1 Triacylglycerides 555  
##### 25.2.2 Fatty acid composition 556  
###### 25.2.2.1 Saturated fatty acids 556  
###### 25.2.2.2 Unsaturated fatty acids 557  
###### 25.2.2.3 *Trans* fatty acids 558  
###### 25.2.2.4 Conjugated linoleic acid 558  
##### 25.2.3 Other minor lipid compounds 560  

#### 25.3 Proteins and their biological functions 561  
##### 25.3.1 Bioactive peptides derived from sheep milk proteins 563  
###### 25.3.1.1 Antihypertensive peptides 563  
###### 25.3.1.2 Antimicrobial peptides 565  
###### 25.3.1.3 Other biological activities of peptides from ovine proteins 567  

#### 25.4 Carbohydrates 567  

#### 25.5 Minerals 568  

#### 25.6 Vitamins 569  

#### 25.7 Sheep milk products 569  

References 570  

### 26 Camel Milk 578  
*Kenji Fukuda*  

#### 26.1 Introduction 578  

#### 26.2 Camel milk production and utilization worldwide 579  
##### 26.2.1 Camel milk production 579  
##### 26.2.2 Utilization of Bactrian camel milk 579  
##### 26.2.3 Utilization of dromedary camel milk 580  
##### 26.2.4 Utilization of camel milk in Australia 580  

#### 26.3 Camel milk components and their nutritional aspects 582  
##### 26.3.1 Mineral salts and vitamins 582  
##### 26.3.2 Lipids 582  
##### 26.3.3 Carbohydrates 583  
##### 26.3.4 Proteins 583  
###### 26.3.4.1 Caseins 585  
###### 26.3.4.2 Whey proteins 585  

#### 26.4 Milk allergy 586  

#### 26.5 Health-beneficial microorganisms in camel milk and its products 587  
##### 26.5.1 Lactic acid bacteria 587  
##### 26.5.2 Yeasts 587  

References 589