Cheeses are one of the most diverse food commodities known. They have a wide range of regional and geographical differences in manufacture, taste, texture, colour and contribution to the diet. Because cheese is an important source of macro- and micro-nutrients it can be seen as a valuable product in human nutrition. However, some consider that traditionally manufactured cheeses may not contribute to optimal health. For this reason, there is a drive to produce types with reduced or modified fat or salt contents. Another aspect that affects human health is that cheese may also harbour harmful pathogens in some circumstances.

To gain a holistic understanding of cheese in health, nutritionists and dieticians have a fundamental need to grasp the process of cheese manufacture, while cheese manufacturers benefit by understanding the health related aspects of cheese. This handbook bridges the intellectual and trans-disciplinary divide and provides a balanced overview of cheese in relation to health. Experts provide a comprehensive coverage of subjects in relation to cheese production, nutrition and medical sciences, such as composition and health benefits, toxicology, metabolic and nutritional effects and microbiology.
Related titles:

**Handbook of hair in health and disease**  
*edited by: Victor R. Preedy*  
www.WageningenAcademic.com/handbookhair

**Handbook of diet, nutrition and the skin**  
*edited by: Victor R. Preedy*  
hardback ISBN: 978-90-8686-175-0  
www.WageningenAcademic.com/handbookskin

**Handbook of nutrition, diet and sleep**  
*edited by: Victor R. Preedy, Vinood B. Patel and Lan-Anh Le*  
© 2013 – 500 pages – EUR 140 – USD 199  
www.WageningenAcademic.com/HHH03

**Handbook of vitamin D in human health**  
*Prevention, treatment and toxicity*  
*edited by: Ronald Ross Watson*  
© 2013 – 730 pages – EUR 175 – USD 259  
www.WageningenAcademic.com/HHH04

**Handbook of dietary and nutritional aspects of human breast milk**  
*edited by: Sherma Zibadi, Ronald Ross Watson and Victor R. Preedy*  
www.WageningenAcademic.com/HHH05

**Handbook of diet and nutrition in the menstrual cycle, periconception and fertility**  
*edited by: Caroline J. Hollins-Martin, Olga B.A. van den Akker, Colin R. Martin and Victor R. Preedy*  
www.WageningenAcademic.com/HHH07

**Handbook of dietary and nutritional aspects of bottle feeding**  
*edited by: Victor R. Preedy, Ronald Ross Watson and Sherma Zibadi*  
© 2014 – ± 600 pages  
www.WageningenAcademic.com/HHH08

Stay informed about our new publications:  
visit our website, subscribe to our newsletter and follow us on Twitter (@WageningenAcPub) and LinkedIn.

* USD prices for USA and Canadian customers only.  
Prices may be subject to change. For current pricing, contact us or check our website.