

Special Issue

Explore the Nutritional Composition of Human Milk and Its Impact on Infant Formula Development and Human Health

Message from the Guest Editor

Breast milk is a complex biological fluid that provides essential nutrients, immune protection, and bioactive compounds that crucial for infant development. Milk can provide signals and activities beyond classical nutrition. For example, milk contains proteins and peptides that can influence blood pressure and some diseases, as well as influence the gut health and immune system. This Special Issue delves into the intricate composition of breast milk, focusing on its immune components (e.g., antibodies, lactoferrin, lysozyme), bioactive proteins, human milk oligosaccharides (HMOs), and hormonal regulators (e.g., leptin, adiponectin). It also explores innovative strategies to replicate these components in infant formula. Topics include fatty acid profiles, the prebiotic functions of HMOs, sex-specific formulations, and advancements in feeding technology. This Special Issue aims to advance nutritional solutions that support infant health and development worldwide. This Special Issue warmly welcomes full papers, short communications, and review articles on human milk composition, infant formula innovation, and human health.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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