

Special Issue

Effects of Diet During Breastfeeding on Infants

Message from the Guest Editor

In this Special Issue, we will bring together papers focusing on the influence of maternal nutrition and infant health and growth.

Proper maternal nutrition during pregnancy and lactation is crucial for optimal fetal development, infant growth, and long-term health outcomes.

During pregnancy, a well-balanced diet is essential to prevent fetal complications and support an optimal intrauterine environment. In the postpartum period, maternal caloric reserves play a critical role in sustaining sufficient energy levels for breastfeeding. Human milk composition dynamically adapts to various maternal factors, including diet, nutritional status, and body composition.

This Special Issue welcomes original research articles, systematic reviews, and meta-analyses that explore various aspects of maternal nutrition during breastfeeding and its impact on the following:

- Human milk composition (macronutrients, micronutrients, and bioactive compounds);
- Infant growth and metabolic health;
- Neurodevelopment and cognitive function;
- Infant gut microbiome and immune programming.

We look forward to receiving your contributions.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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