

Special Issue

Nutritional Strategies for High-Risk Neonates: Interventions and Feeding Practices

Message from the Guest Editor

High-risk neonates, including infants born preterm, growth-restricted, or medically fragile or those requiring complex surgical care. Optimal nutrition is a foundational imperative that profoundly shapes survival, growth, organ maturation, and long-term neurodevelopment. Over the past decade, advances in neonatal nutrition have accelerated, driven by emerging evidence on human milk bioactivity, the refinement of enteral and parenteral feeding protocols, and an expanding understanding of the microbiome's influence on early health. Yet many questions persist regarding how best to tailor feeding and nutritional approaches to the diverse needs of high-risk infants.

This Special Issue included articles can explore a spectrum of nutritional interventions, from early enteral feeding and human milk fortification to probiotic supplementation, micronutrient strategies, and innovative methods for supporting infants with complex feeding difficulties. Contributions can also examine population-specific considerations, such as infants with congenital heart disease, intrauterine growth restriction, or heightened risk of necrotising enterocolitis.

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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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