

Special Issue

Association between Breast Milk Composition and Neonates Growth

Message from the Guest Editor

Key components of breast milk, such as proteins, lipids, carbohydrates, vitamins, and minerals, play vital roles in supporting various physiological processes in infants, including growth, immune function, and neurodevelopment. For instance, proteins like casein and whey provide amino acids necessary for tissue growth and repair, while lipids, including long-chain polyunsaturated fatty acids (LCPUFAs), are critical for brain and visual development.

Moreover, breast milk composition can vary depending on factors such as maternal diet, genetics, and the stage of lactation. These variations may influence neonatal growth patterns and overall health outcomes.

Understanding the intricate relationship between breast milk composition and neonatal growth can have significant implications for public health policies, clinical practices, and maternal education initiatives aimed at promoting breastfeeding and optimizing infant health outcomes. By elucidating the specific components and mechanisms underlying this association, researchers can better tailor interventions and support strategies to ensure the healthy growth and development of newborns.

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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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