

## Special Issue

# The Role of Maternal Nutrition During Breastfeeding

### Message from the Guest Editors

Maternal nutrition during the breastfeeding period has a significant impact on the baby's early development with a long-term impact on their health. Breastfeeding is a critical period for neurological and metabolic development, with intense hormonal changes and the establishment of the intestinal microbiota and maturation of physiological systems such as digestive and immune systems. Therefore, maternal diet modifications during breastfeeding such as the content of energy, macronutrients, micronutrients, bioactive substances, food additives, and food contaminants can affect maternal physiology, indirectly impacting the health of the newborn. These dietary changes can also affect breast milk composition, directly impacting the health of the newborn, with long-term impacts on their risk of metabolic disease development. Maternal nutrition during breastfeeding is a valuable tool for ensuring the health of, and preventing future metabolic diseases in, the next generation. This Special Issue aims to update and improve the knowledge of maternal nutrition during breastfeeding, highlighting its short- and long-term impacts on the health of offspring.

### Guest Editors

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### Deadline for manuscript submissions

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## Nutrients

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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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