

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

Dr. Luana Lopes De Souza

Laboratory of Endocrine Physiology, Department of Physiological Sciences, Roberto Alcântara Gomes Biology Institute, State University of Rio de Janeiro, Rio de Janeiro 20551-031, RJ, Brazil

Dr. Patricia Cristina Lisboa

Researcher in the Laboratory of Endocrine Physiology, Department of Physiology, Institute of Biology Roberto Alcântara Gomes, State University of Rio de Janeiro, Rio de Janeiro, Brazil

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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