

Special Issue

Human Milk Composition and Children Nutrition: Latest Advances and Prospects

Message from the Guest Editor

The mother's own milk is always considered the first choice for nutrition of all neonates, including preterm infants; in fact, it is tailored to meet infants' specific nutritional requirements. Furthermore, human milk is a "dynamic" system: its composition changes and is influenced by several conditions, such as term-preterm delivery, maternal diet, metabolic abnormalities and pathologies. It is well-known that breastfeeding improves several outcomes, both in the short and the long term, as a result of specific biological active components and immunomodulatory factors.

However, the complexity of human milk composition and the synergistic mechanisms responsible for its beneficial health effects have not yet been unravelled.

The current Special Issue aims to welcome original studies and literature reviews further exploring the biological role and function of human milk components, as well as the mechanisms underlying the beneficial effects associated with breastfeeding. Furthermore, research focused on evidence-based interventions to improve both breastfeeding duration and women's breastfeeding experience is also welcome.

Guest Editor

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Deadline for manuscript submissions

closed (25 July 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/175083

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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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