

Special Issue

Nutrients and Energy Consumption during Pregnancy and Breastfeeding: Within or beyond Human Milk

Message from the Guest Editors

It is well documented that maternal nutrition from preconception through to lactation has both short- and long-term health effects on the mother and child. While requirements for many nutrients increase in pregnancy and lactation, and some dietary changes are required, many mothers misinterpret these recommendations and make “eating for two” as necessary and healthy. Concerning human milk, its composition is dynamic and can vary according to many physiological and maternal factors. Some of these factors (e.g., 24 h variations, lactation stage, time point in breastfeeding session) are better investigated than others. For this reason, we encourage scholars to bridge the gap between maternal nutrition/nutritional status and human milk composition. In this Special Issue, we would like to bring readers closer to the state-of-the-art in the field of maternal nutrition by gathering papers that cover several aspects of nutrition science that impact maternal and infants’ outcomes and human milk composition. Original research articles and reviews (systematic reviews and meta-analyses) are greatly welcome.

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About the Journal

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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