

## 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.

### Guest Editors

Dr. Agnieszka Bzikowska-Jura

Department of Clinical Dietetics, Faculty of Health Sciences, Medical University of Warsaw, 02-091 Warsaw, Poland

Dr. Aleksandra Wesołowska

Laboratory of Human Milk and Lactation Research at Regional Human Milk Bank in Holy Family Hospital, Faculty of Health Science, Department of Neonatology, Medical University of Warsaw, 02-091 Warsaw, Poland

### Deadline for manuscript submissions

closed (30 May 2022)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/75947](https://mdpi.com/si/75947)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### 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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)