

Special Issue

Human Milk: Bioactive Components and Implications for Infant Development

Message from the Guest Editors

Human milk and its impact on infant development is a topic widely discussed in scientific and medical literature, and has highlighted the critical role of breast milk in infant health and development. Mother's milk is regarded as the gold standard of infant nutrition, with research into its composition and effects underscoring its significant nutritional and protective value. Nutrition during infancy profoundly influences health later in life, and substantial benefits are associated with breastfeeding and the use of milk from human milk banks. The importance of breastfeeding cannot be overstated, particularly for preterm infants, though the benefits extend to all children.

This Special Issue invites original studies, literature reviews and meta-analyses exploring the composition and biological role of human milk in child development, with a particular focus on the following topics:

- The composition of human milk, including donor milk, and its health benefits for infants;
- The effect of human milk on the development of the digestive, nervous and immune systems;
- Challenges in human milk research;
- Human milk epigenetics and long-term health benefits.

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Deadline for manuscript submissions

5 July 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/221445

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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