# Special Issue

# Influence of the Composition of Breast Milk on the Risk of Childhood Obesity

## Message from the Guest Editors

The prenatal and early postnatal periods have been revealed as critical stages of development where nutritional and other environmental factors may have a profound influence on health. Breastfeeding offers optimal nutrition in the immediate postnatal period, resulting in health benefits for both mothers and infants. Significantly, breastfeeding has been shown to reduce the risk of childhood obesity and type 2 diabetes, among other conditions.

Breast milk not only contains macronutrients and micronutrients, it also provides a large quantity and variety of bioactive compounds that may influence infant growth and development. However, breast milk composition is not uniform. It may be affected by environmental and maternal conditions, particularly metabolic status and diet; thus, the beneficial effects of breastfeeding might be influenced by breast milk composition. However, the precise associations and underlying mechanisms are currently poorly understood.

In this Special Issue, we welcome papers focusing on the link between milk composition and childhood obesity. This includes original animal and human research, cohort studies, and systematic reviews/meta-analyses.

## Guest Editors


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*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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