



Complementary Feeding in Newborns

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Message from the Guest Editor

Early nutrition and growth are key contributors to the modulation of both short and long-term infant health outcomes. The introduction of solid foods (thereafter referred to as weaning) is associated with major changes in both macronutrients and micronutrients intake, with the risk either of nutritional deficit or excess for infants undergoing a rapid growth during this period of life.

Currently, research suggests to deepen the concept of personalized nutrition in all stages of life, including the earliest ones. Therefore, we think that it's important to focus on complementary feeding, regarding also the possibility of vegetarian weaning and baby-led weaning, representing the new frontier in the international panorama.

