



## Optimal Nutrition and Growth of Very Premature Neonates: How Feasible Is It to Achieve at Present?

Guest Editors:

**Prof. Dr. Antonios K. Gounaris**

1. Department of Medicine,  
University of Thessaly, Larissa,  
Greece  
2. Scientific Associate, Neonatal  
Clinic—NICU, “REA” Maternity  
Hospital SA, Athens, Greece

**Dr. Rozeta Sokou**

Department of Neonatology,  
National and Kapodistrian  
University of Athens, 15772  
Athens, Greece

Deadline for manuscript  
submissions:

**closed (25 June 2024)**

### Message from the Guest Editors

Dear Colleagues,

Over the last few years, there has been a significant shift in the feeding practices and growth targets for premature neonates that have contributed to the further improvements in morbidity, survival and long-term prognosis, even for neonates on the extremes of viability. This period could be considered a Third Era in Neonatology as, in our opinion, the changes observed were greater in effect even compared to the Second Era. Despite some broad agreement between feeding guidelines regarding the protein and calorie content, there remain significant variation and policy disagreements, even within the NICUs of the same countries. There has also been no wider consensus on how to approach special categories of neonates such as those with intrauterine growth restriction, small for gestational age or neonates that develop major morbidities. In this Special Issue, we hope for these to be part of the wider discussion and consensus building around the development of universally accepted practices in the feeding and growing of premature neonates that will help them become healthier children and adults.





an Open Access Journal by MDPI

## 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 (IUIBS), 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)

## Contact Us

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI