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Clinical Nutrition in Early Life: Optimizing Infant Health Through Evidence-Based Nutritional Strategies

Yvan Vandenplas

Vrije Universiteit Brussel, Belgium

Early-life nutrition has a profound impact on growth, immune development, and long-term health. This presentation reviews current evidence on breastfeeding, infant formula innovation, complementary feeding, and nutritional interventions that promote healthy development. Advances in pediatric nutrition research have improved the understanding of food allergies, gastrointestinal disorders, and the establishment of a healthy gut microbiome during infancy.

The session discusses human milk bioactive components, probiotics, prebiotics, and specialized nutritional products that support infant health. Emerging technologies in nutritional genomics and personalized infant nutrition are providing new opportunities to optimize dietary recommendations and improve childhood health outcomes. Future perspectives include precision pediatric nutrition and digital monitoring systems for nutritional assessment.

Biography

Yvan Vandenplas is Professor of Pediatrics at Vrije Universiteit Brussel, Belgium. His research focuses on pediatric nutrition, infant feeding, gastrointestinal disorders, probiotics, and food allergies. He has authored numerous international guidelines and scientific publications in pediatric nutrition.