

Special Issue

Dietary Recommendations for Gynecological Diseases and Pregnancy Complications

Message from the Guest Editor

A woman's life is characterized by several endocrinological changes during transitional phases such as puberty, menarche, pregnancy, and menopause. There is growing evidence that dietary habits can help regulate these changes. Nutrition plays a key role in gynecological diseases such as leiomyoma, endometriosis, polycystic ovarian syndrome, menstrual disorders, and gynecological malignancies. Moreover, maternal nutrition during pregnancy can affect pregnancy and perinatal outcomes, and it can drive epigenetic changes, influencing susceptibility to several diseases. Therefore, obstetricians and gynecologists should integrate dietary recommendations into their patients' daily care. We welcome various contributions (original articles and reviews) on the following topics:

- Recent evidence supporting specific dietary recommendations for gynecological disorders and pregnancy complications;
- Current available recommendations for gynecological diseases and pregnancy complications and existing geographical differences;
- Specialist knowledge and training strategies for women's nutrition in different transitional phases.

Guest Editor

Dr. Laura Sarno

Department of Neurosciences, Reproductive Science and Dentistry,
University of Naples Federico II, 80131 Naples, Italy

Deadline for manuscript submissions

15 October 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/236637

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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.

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 (UIBS), 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)