

Special Issue

Nutritional and Metabolic Programming Across the Female Lifespan: Body Composition, Hormonal Changes, and Health Outcomes

Message from the Guest Editor

We are excited to announce a Special Issue on **“Nutritional and Metabolic Programming Across the Female Lifespan: Body Composition, Hormonal Changes, and Health Outcomes.”** This issue aims to illuminate the intricate interplay between diet, metabolic processes, and health outcomes in women. Our focus spans critical hormonal milestones such as puberty, pregnancy, menopause, and post-menopause, highlighting how dietary patterns influence metabolic changes, body composition, and long-term health trajectories. This issue also delves into epigenetic mechanisms, nutritional timing, and their implications for health in subsequent generations. Additionally, we invite studies examining the connections between dietary patterns, cognitive and psychological well-being, and the overall quality of life. This Special Issue provides a unique opportunity to explore the multifaceted relationship between nutrition and health across the lifespan of women. We look forward to innovative contributions from scholars worldwide.

Guest Editor

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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.

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