

Special Issue

Nutrition and Lifestyle Intervention to Prevent and Manage Gestational Diabetes

Message from the Guest Editors

Standards of care for gestational diabetes mellitus (GDM) begin with lifestyle and behavioral management, which improves pregnancy outcomes and the long-term health of women. It can also promote an optimal intrauterine environment for the offspring, potentially impacting their future metabolic health. Lifestyle interventions among at-risk women are likely to prevent GDM occurrence and reoccurrence in subsequent pregnancies, yet high-quality studies conducted during the preconception period are lacking. Nutrition and physical activity interventions initiated in the early weeks of pregnancy have been found to reduce GDM risk among women with multiple GDM risk factors, whereas negligible benefits have been reported among those with a single risk factor, such as being overweight or overweight. Identifying such women who may benefit from early interventions may facilitate personalized care planning. In this Special Issue, we focus on high-quality studies that have examined the benefits of nutrition and lifestyle interventions for preventing and managing GDM detected in early and late gestation.

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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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