

Special Issue

Dietary Interventions and Women's Health

Message from the Guest Editors

Women's health has traditionally been under-researched and underfunded, and knowledge gaps pertaining to dietary strategies for disease prevention and management are abundant. Considering sex-specific dietary needs and responses to nutrition therapies is especially important in the context of women-specific conditions and life stages that present an increased risk of developing chronic disease. Pregnancy is a life stage that highlights a woman's risk for future type 2 diabetes (DM2) and cardiovascular disease (CVD). In the years preceding menopause (perimenopause), there are distinct hormonal changes that are associated with adverse lipid profiles, insulin resistance, and disturbances in energy metabolism. Female reproductive disorders are also hallmarked by an increased risk of metabolic complications that can carry lifelong repercussions. For this Special Issue, we invite the submission of evidence-based manuscripts, reviews, or meta-analyses that focus on the role of nutrition and dietary interventions across the female lifespan, with a particular focus on pivotal life stages and women-specific conditions.

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Deadline for manuscript submissions

closed (20 October 2023)



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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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