Special Issue

The Effects of Proper Nutrition Interventions on the Prevention and Treatment of Gynecological Disorders

Message from the Guest Editors

The lifestyles, including proper nutrition and physical activity, of adult and adolescent females are important not only in the context of proper development, but also to the prevention and treatment of pathological conditions in gynecology and sexology. Providing appropriate nutrients and bioactive compounds in the diet (including bioactive peptides, phytosterols, fibers, fatty acids, vitamins, minerals, probiotics, and prebiotics) may regulate various metabolic processes in human body and, at the same time, influence reproductive and sexual health. This Special Issue aims to present original papers and reviews on all aspects of nutrition in gynecological diseases.

Guest Editors

Dr. Grazyna Jarzabek-Bielecka

Department of Perinatology and Gynaecology, Poznan University of Medical Sciences, 61-701 Poznan, Poland

Dr. Małgorzata Mizgier

Department of Sports Dietetics, Faculty of Health Sciences, Poznan University of Physical Education, 61-871 Poznan, Poland

Deadline for manuscript submissions

closed (25 September 2025)



Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed



mdpi.com/si/227167

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

mdpi.com/journal/ nutrients





Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed





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. Lluis Serra-Majem

- Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
- Research Institute of Biomedical and Health Sciences (IUIBS),
 University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
 Preventive Medicine Service, Centro Hospitalario Universitario
 Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Palmas, Spain

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)