

Special Issue

Impact of Diet, Nutrition and Lifestyle on Reproductive Health

Message from the Guest Editors

A balanced diet and good nutrition are essential for the general health, growth and well-being of an individual. The impact of an individual's health and longevity is dependent on their reproductive health. The Special Issue highlights the impact of diet and nutrition on an individual's reproductive lifespan and healthspan. We aim to provide new insights into the role of diet and nutrition in maintaining and promoting reproductive health in both men and women throughout their entire lifespan, especially in women from puberty, reproductive age and menopause. Furthermore, with the global fertility crisis occurring, especially in Asia (with one of the world's lowest total fertility rates), this Special Issue will focus on evidence-based reviews and original laboratory research that explore and derive guidance on the intake levels of micro- and macronutrients, antioxidants and their impact on fertility and reproductive health. I encourage authors to submit their original research on this essential topic to boost reproductive health through a life-long healthy diet.

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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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