

Special Issue

The Influence of Pregnancy Nutrition and Dietary Patterns on Maternal and Offspring Health Outcomes

Message from the Guest Editor

Healthy dietary patterns and micronutrient supplementation before/during pregnancy are essential for optimizing maternal/neonatal health outcomes, reducing the risk of some medical complications. While foundational evidence links adequate nutrition to healthy fetal growth, reducing medical complication risks, and optimal lactation, significant gaps remain in our understanding of specific dietary patterns, micronutrient needs, culturally appropriate interventions, and their effects on maternal cardiometabolic health, mental well-being, and infant development.

In this Special Issue, we invite comprehensive reviews, clinical trials, epidemiological analyses, and studies employing cell and animal models. We aim to bring together papers exploring the topic of nutrition and different diets or food consumption during preconception, pregnancy, and the postpartum period, especially considering how this may influence maternal health during/after pregnancy, as well as offspring-related outcomes.

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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