

## Special Issue

# Nutritional Recommendations of Gestational Diabetes – What Should I Eat?

### Message from the Guest Editors

Optimising the nutritional status of women before and during pregnancy is of the utmost importance to ensure maternal and fetal health. This becomes more critical in gestational diabetes mellitus (GDM). Women with GDM strive to support optimal fetal development while maintaining normoglycemia. Hyperglycemia during pregnancy is associated with poorer short- and long-term health outcomes for both the mother and her offspring. Therefore, nutrition is understood to play a key role in GDM management. Despite accruing evidence in the area, gaps persist in translating observational evidence to effective nutrition therapy. Thus, this Special Issue aims to synthesize evidence to aid in updating nutritional recommendations for effective GDM prevention and management. The scope of this Special Issue is to further our understanding of the nutritional risk factors, dietary patterns, and eating behaviours that are associated with the incidence of GDM and its management during pregnancy and beyond.

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### Deadline for manuscript submissions

closed (26 February 2024)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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