

Special Issue

Diet, Exercise and Gestational Diabetes Mellitus

Message from the Guest Editor

Obesity during pregnancy is associated with the development of adverse outcomes, including gestational diabetes mellitus (GDM). GDM increases the risk of both complications during pregnancy and the future susceptibility for future impaired glycaemic control and cardiovascular disease for both mother and child. Diet modification and increased physical activity are the first-line strategy for prevention and treatment of GDM, yet there is inconclusive evidence for which type of diet and exercise is most beneficial and how lifestyle interventions can be optimised to prevent and treat GDM. This Special Issue will collate recent high-quality research in the field of GDM, focussing on diet- and/or exercise. Both original research articles and reviews spanning from prevention to treatment of GDM are welcome.

Guest Editor

Dr. Trine Tegdán Moholdt

Department of Circulation and Medical Imaging, Norwegian University of Science and Technology, Trondheim, Norway

Deadline for manuscript submissions

closed (20 March 2022)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/92298

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

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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. Lluís Serra-Majem

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

Prof. Dr. Maria Luz Fernandez

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

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