

Special Issue

Advances in Maternal Diet and Diet-Related Lifestyles with Maternal and Child Health

Message from the Guest Editors

Maternal nutritional status around the time of pregnancy will affect numerous health outcomes for both mothers and babies. Increasing evidence suggests that adherence to a healthy lifestyle, including a balanced diet during pregnancy and beyond pregnancy, is associated with reduced risks of adverse offspring birth outcomes and childhood abnormal growth. The relationship between maternal diet and child health outcomes is often based on a single or a few food items or nutrients. Moreover, dietary patterns can also be used to provide a more complete assessment of the maternal diet. Some research highlights the potential benefits of adopting healthy dietary patterns or optimizing multiple lifestyle behaviors to prevent adverse maternal and child health outcomes. In addition, the maternal diet can be influenced by and interact with other lifestyle measures. This Special Issue will include manuscripts that focus on the latest research examining the role of the maternal diet and/or other related lifestyle aspects in subsequent maternal and child health outcomes.

Guest Editors

Dr. Xiaozhong Wen

Division of Behavioral Medicine, Department of Pediatrics, Jacobs School of Medicine and Biomedical Sciences, State University of New York at Buffalo, New York, NY 14214, USA

Dr. Todd C. Rideout

Department of Exercise and Nutrition Sciences, State University of New York at Buffalo, Buffalo, NY 14214, USA

Deadline for manuscript submissions

closed (5 August 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/211630

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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. 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 (IUIBS), 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

Author Benefits

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)