

Special Issue

Effect of Nutrition on Maternal Health, Fetal Development and Perinatal Outcomes

Message from the Guest Editors

We are organizing a Special Issue on the Effect of Nutrition on Maternal Health, Fetal Development and Perinatal Outcomes.

Several lifestyle factors affect the wellbeing of the woman and the fetus, and dietary behavior is one of the most important. While requirements for some nutrients (e.g., iron, folic acid) increase in pregnancy, the basic principles of healthy eating remain the same as for the general population. It is well established that failure to meet nutritional requirements adversely affects the perinatal outcome and also the offspring's long-term health. Therefore, the adequate intake of energy, protein, vitamins and minerals during pregnancy to meet maternal and fetal needs is particularly important.

A developmental model for the causes of disease hypothesizes that the fetal environment may have an impact on epigenetic modifications and associated gene expression, leading the way to the onset of disease in neonates and late childhood. National and international recommendations are based on evidence regarding the health benefits and risks associated with adequate or inadequate consumption, respectively, of several nutritional elements.

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Deadline for manuscript submissions

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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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