

Special Issue

Recent Advances in Nutritional Management of Gestational Diabetes: From Pathophysiology to Clinical Practice

Message from the Guest Editor

Gestational diabetes (GDM) affects about 14% of pregnancies, with prevalence rates reaching up to 40% in some regions. These differences may be due to variations in screening and diagnostic methods. GDM can lead to adverse outcomes for both mothers and children. Risks for the fetus include preterm birth, macrosomia, intrauterine death, and fetal distress. Newborns may experience respiratory distress, hypoglycemia, and increased risks of childhood obesity and diabetes. Mothers face preeclampsia, higher cesarean delivery rates, and future risks of diabetes and cardiovascular disease. Preventive prenatal and postnatal care is crucial to avoid GDM and postpartum diabetes. Medical nutrition therapy, including optimizing health before pregnancy and improving metabolic health after delivery, is the primary management approach. In this special issue, we invite GDM experts to share insights on the latest advancements in pathophysiology and effective nutritional interventions.

Guest Editor

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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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