

Special Issue

Nutritional Effects on Women's Reproductive Health and Disease

Message from the Guest Editors

Balanced nutrition is paramount for a number of health conditions affecting women throughout life, from puberty to menopause, and which can also be related to their reproductive well-being. For example, in polycystic ovary syndrome, reducing refined sugar intake with a low-carbohydrate diet can help improve insulin sensitivity and regulate the menstrual cycle. Similarly, in endometriosis, an anti-inflammatory diet rich in fruit, vegetables and omega-3 fatty acids can help reduce chronic inflammation and relieve symptoms. Interest in the relationship between diet and fertility has also increased greatly over the past decade, but a full understanding of the role of diet on fertility and pregnancy outcomes is far from complete. Further, dietary factors have been also associated with the outcome of assisted reproductive technologies. This Special Issue aims to delve deeper into the aspects that link diet with fertility and human reproduction from epidemiological, biological and clinical points of view. Both original data and specific meta-analyses or systematic reviews that may offer new insights into the study of this relationship will be considered.

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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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