

Special Issue

Diet, Maternal Nutrition and Reproductive Health

Message from the Guest Editor

Diet and nutrition play an essential role in reproductive health. A healthy, balanced diet that provides all the necessary nutrients combined with an adequate lifestyle help to maintain optimal reproductive health in both men and women, as well as to improve fertility and the chances of the conception of a healthy pregnancy. This Special Issue aims to publish a variety of manuscript formats that include reviews, editorials, opinions on all aspects of reproductive health, including fertility, menopause, and pregnancy from preconception to pregnancy and delivery. We also invite papers which investigate the role of nutrition and lifestyle in gestational diabetes, preeclampsia, and other pregnancy complications, as well as in infertility, PCOS, and endometriosis. We would consider qualitative and quantitative research of everyday situations, questions, and challenges that men and women face in attempting to maintain healthy nutrition and a healthy lifestyle. Examining such questions could provide answers to aid healthcare professionals in the nutrition-based counselling during reproductive life.

Guest Editor

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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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