

Special Issue

Personalized Nutrition and Metabolic Health in Gestational Diabetes

Message from the Guest Editors

Nutritional intervention is a cornerstone in managing gestational diabetes mellitus (GDM), aiming to regulate blood sugar levels and promote healthy pregnancy outcomes. It focuses on individualized dietary plans tailored to the woman's specific needs, emphasizing balanced macronutrient distribution—particularly focusing on carbohydrate intake—and promoting overall healthy eating habits. However, there is still open debate in the literature regarding the optimal energy requirements, appropriate carbohydrate consumption, and recommended weight gain during pregnancy. The aim of this Special Issue is thus to focus on the points of debate and on the importance of a holistic approach, emphasizing the notion of 'chrononutrition'.

Guest Editors

Prof. Dr. Annunziata Lapolla

Department of Medical and Surgical Sciences, University of Padua, via Giustiniani 2, 35128, Padua, Italy

Prof. Dr. Ester Vitacolonna

Department of Medicine and Aging, School of Medicine, and Health Sciences, "G. D'Annunzio" University, Via dei Vestini, Chieti-Pescara, 66100 Chieti, Italy

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

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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.

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 (UIBS), 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

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