

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'.

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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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