

Special Issue

Dietary Therapies and Lifestyle Modifications for Gestational Diabetes and Their Implications for Maternal and Offspring Health

Message from the Guest Editors

Gestational diabetes mellitus (GDM) complicates 4–12% of pregnancies. It is considered one of the most prevalent pregnancy complications. Adequate glycemic control is highly important during pregnancy, since uncontrolled GDM is associated with severe short- and long-term maternal and neonatal morbidities. In recent years, the effect of dietary changes and lifestyle modifications on glycemic control has gained attention, especially since pharmacological therapies to lower blood glucose are associated with adverse effects as well as unclear long-term effects on offspring health. The aim of this Special Issue is to provide a collection of articles that showcase the current issues in research on “Dietary Therapies and Lifestyle Modifications for Gestational Diabetes and Their Implications for Maternal and Offspring Health”. As the of this Special Issue, we invite you to submit research articles, review articles, and short communications related to this topic.

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Deadline for manuscript submissions

closed (31 August 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/129881

Nutrients
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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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