

Special Issue

Nutrition for Maternal and Child Health

Message from the Guest Editors

Balanced maternal nutrition during pregnancy is crucial to maintain an adequate environment for optimal fetal development. Pregnancy is a critical window of opportunity to provide dietetic habits that are beneficial for fetal healthy. Moreover, different nutrients are able to influence and modify the epigenetic pattern in the mother and the fetus during pregnancy, which is the most sensitive period to epigenetic changes that will persist in adult life. It has been described that maternal microbiota composition during pregnancy is related to maternal diet and by pre-pregnancy weight and weight gain over the course of pregnancy. Maternal Diet during pregnancy may influence the infant gut microbiome through vertical transfer of maternal microbes to infants during vaginal delivery and breastfeeding. Therefore, the microbiome modulates the inflammatory mechanisms related to physiological and pathological processes that are involved in the perinatal progress through different mechanisms and it may influence the susceptibility to infections and diseases.

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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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