

Special Issue

Nutrition and Female Reproduction: Benefits for Women or Offspring

Message from the Guest Editor

Women's health is a complex issue strongly influenced by socio-economic and cultural conditions, including dietary habits and opportunities. Diet-sensitive diseases are becoming increasingly important not only for women's reproductive health and safety. Complications in pregnancy can also compromise optimal foetal development and the future child's health, well-being and neurodevelopment. However, there is still little evidence-based knowledge about nutrition in this area. Therefore, we cordially welcome original papers or systematic reviews that address dietary interventions or provide evidence from well-designed observational studies in such conditions as non-communicable disorders in women or diseases directly affecting women's reproduction like polycystic ovary syndrome (PCOS), endometriosis, or autoimmune disorders. We also invite manuscripts reporting research or summarising evidence on how to mitigate long-term risk after pregnancies complicated by gestational diabetes or hypertensive disorders of pregnancy. Studies exploring the impact of maternal nutrition on short and long-term offspring health and neurocognitive development are also welcome.

Guest Editor

Dr. Agnieszka Zawiejska

Department of Medical Simulation, Faculty of Health Sciences, Poznan University of Medical Sciences, 60-525 Poznan, Poland

Deadline for manuscript submissions

closed (5 September 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/232618

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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 (IUIBS), 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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)