

Special Issue

Nutrients as Risk Factors and Treatments for Gestational Diabetes

Message from the Guest Editor

Gestational diabetes mellitus (GDM) is a common complication of pregnancy affecting 20 million women worldwide each year. Its prevalence is rising as part of a diabetes pandemic. Nutrition plays a key role in GDM, whether (1) as part of an 'unhealthy' diet, which contributes to its cause, or (2) as part of changes in dietary intake, which act as the frontline treatment for GDM (sometimes supplemented with increased activity and pharmacological intervention). Dietary changes, therefore, can alter the risk of developing GDM in the first place, and once GDM has emerged during pregnancy, dietary changes can mitigate the risk of developing GDM-related complications, such as neonatal macrosomia, respiratory distress, hypoglycemia and jaundice, and maternal pre-eclampsia, Caesarean section and placental abruption. In this Special Issue, we aim to highlight the role of nutrition in the etiology of GDM, whether directly or indirectly through weight gain and obesity, and in its role as a GDM treatment to lower hyperglycemia and the risk of the aforementioned complications.

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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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