

Special Issue

Effect of Prenatal Nutrition on Fetal Growth Development

Message from the Guest Editors

Maternal nutritional status is a critical factor influencing fetal growth and development throughout pregnancy. The health and the well-being of the mother directly impact the nutritional environment of the fetus, which is essential for its growth and development. During pregnancy, the demand for certain nutrients increases significantly. A well-balanced diet that meets nutritional needs can help ensure that the fetus grows appropriately and reduces the risk of complications. Conversely, inadequate maternal nutrition can lead to a range of adverse outcomes. Insufficient caloric intake or a lack of essential nutrients can result in low birth weight, which is associated with higher risks of infant mortality and long-term health issues. Additionally, maternal malnutrition can lead to preterm birth and developmental delays. On the other hand, excessive maternal weight gain can also pose risks, including gestational diabetes and hypertension, which can negatively affect both maternal and fetal health. A Special Issue on the topic of Maternal Nutritional Status and Fetal Growth is, as such, of utmost importance, to elucidate updated insights to lead clinical practice.

Guest Editors

Prof. Dr. Anna Maria Marconi

Department of Obstetrics and Gynecology, ASST Santi Paolo e Carlo-San Paolo University Hospital, 20142 Milan, Italy

Dr. Stefano Manodoro

Department of Obstetrics and Gynecology, ASST Santi Paolo e Carlo, San Paolo Hospital, 20132 Milano, Italy

Deadline for manuscript submissions

25 November 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/235974

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

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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.

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 (UIBS), 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

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