

Special Issue

Maternal and Infant Health: Optimum Nutrition Strategies

Message from the Guest Editor

The Special Issue on “Maternal and Infant Health: Optimum Nutrition Strategies” will highlight the critical role of nutrition in shaping health outcomes in both mothers and infants. From conception through infancy, maternal nutrition profoundly impacts fetal development, birth outcomes, and the long-term health of the child, including the risk of obesity and metabolic disorders, as well as cognitive development. This Special Issue will explore the latest research on optimal dietary interventions, micronutrient supplementation, and the role of emerging nutritional biomarkers in promoting healthy pregnancies and infant development. By examining both biological mechanisms and practical strategies, this Special Issue will provide new insights into evidence-based nutritional approaches to improving maternal and infant health on a global scale.

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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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