

Special Issue

Nutrition, Diet and Metabolism in Pregnancy

Message from the Guest Editors

Proper nutrition, diet, and metabolism during pregnancy are fundamental to the health and well-being of both the mother and the developing fetus. Adequate nutritional intake supports fetal growth, influences long-term health outcomes, and reduces the risk of pregnancy-related complications. Advances in understanding the intricate relationship between maternal diet and metabolic processes have highlighted the critical role of specific nutrients, dietary patterns, and metabolic adaptations in optimizing pregnancy outcomes. This area of research is essential for developing evidence-based guidelines and interventions that promote maternal and fetal health. Our aim is to assemble a comprehensive collection of the latest research and advancements in the fields of nutrition, diet, and metabolism as they pertain to pregnancy. By focusing on this vital aspect of maternal–fetal health, we seek to highlight innovative approaches, share novel findings, and disseminate knowledge that can inform clinical practices and public health policies to enhance pregnancy outcomes and long-term health for both mothers and their children.

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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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