

Special Issue

The Role of Mediterranean Diet During Pregnancy on Maternal and Offspring Health

Message from the Guest Editors

Pregnancy is a unique period of a woman's life with several important changes, not only for the woman herself, but also for her fetus and future child. During pregnancy, the fetus is exposed to environmental factors through the mother. In particular, nutrition and the health status of the mother play an important role in this process, which is called "fetal programming". Indeed, what happens during prenatal life can influence the health status of the individual during childhood and adulthood. The Mediterranean diet is a healthy dietary pattern that has been associated with several disease preventions. Its potential role during gestation for mothers and offspring outcome has increased in the last few years. Understanding the effectiveness of interventions during pregnancy based on this diet and its related mechanisms is essential for the health status of both the mother and offspring.

This Special Issue will focus on pertaining to the strategies and mechanisms of the Mediterranean diet that could be useful for preventing disorders in mothers and offspring and improving their health. We welcome systematic literature reviews and original research.

Guest Editors

Dr. Francesca Crovetto

1. BCNatal | Fetal Medicine Research Center (Hospital Clínic and Hospital Sant Joan de Deu), Institut de Recerca Sant Joan de Deu (IRSJD), University of Barcelona, 08028 Barcelona, Spain
2. Primary Care Interventions to Prevent Maternal and Child Chronic Diseases of Perinatal and Development Origin, RD21/0012/0001, Instituto de Salud Carlos III, 28029 Barcelona, Spain

Dr. Rosa Casas

1. Department of Internal Medicine, Clínic Hospital, Biomedical Research Institute August Pi i Sunyer, Medicine School, University of Barcelona, Barcelona, Spain
2. Centro de Investigación Biomédica en Red de Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Instituto de Salud Carlos III, Madrid, Spain
3. Institut de Recerca en Nutrició i Seguretat Alimentària (INSA-UB), University of Barcelona, Barcelona, Spain

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

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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

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