

## Special Issue

# Healthy Eating, Physical Activity, and Weight Changes among Pregnant and Postpartum Women

### Message from the Guest Editor

This Special Issue on "Healthy Eating, Physical Activity, and Weight Changes among Pregnant and Postpartum Women" focuses on the importance of proper perinatal nutrition, physical activity, and optimal weight changes for improving the health of mothers, fetuses, newborns, and infants. The specific objective is to determine how diet and physical activity during pregnancy, through appropriate weight gain, are related to pregnancy and birth outcomes, and to establish evidence for clinical guidelines and health guidance. This Special Issue also covers the interaction between diet, physical activity, and weight retention with significant physical and emotional changes during postpartum, including breastfeeding. In the Developmental Origins of Health and Disease (DOHaD) hypothesis, prenatal/perinatal nutrition can be an environmental factor determining the development of human diseases in adulthood. In this Special Issue, we aim to develop knowledge and summarize the present evidence for use in perinatal care to improve maternal and child health. Both original research and review articles are welcome.

### Guest Editor

Prof. Dr. Megumi Haruna

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### Deadline for manuscript submissions

closed (30 June 2023)



## Nutrients

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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.

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