

Special Issue

The Guidelines for Balanced Diet and Healthy Lifestyles during Pregnancy: The Management of Health and Morbidity in Pregnancy

Message from the Guest Editor

Diet and lifestyle practices in the preconception and gestational period play an important role in optimising the health of both mother and child and in determining the risk of certain morbidities during pregnancy, including diabetes and hypertension, as well as their management. This Special Issue will collate the most recent research on the guidelines for dietary intake and lifestyle during pregnancy and the role they play in determining maternal and fetal health outcomes during pregnancy. Original research, systematic reviews and meta-analyses are preferred; however, narrative reviews are also welcome. Manuscripts that investigate nutrition/lifestyle factors and their impact on health during pregnancy are preferred; however, articles which examine the guidelines for, and/or the role of, diet and healthy lifestyles in the preconception period will also be considered, where the outcome is measured during pregnancy. Articles which examine maternal/offspring outcomes in the neonatal period may also be considered where the diet/lifestyle exposure was measured during gestation.

Guest Editor

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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.

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