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## Gestational Diabetes: Nutritional Aspects of Cause, Consequences, and Treatment

Guest Editor:

**Dr. Clive J. Petry**

School of Clinical Medicine,  
Wellcome-MRC Institute of  
Metabolic Science, University of  
Cambridge, Cambridge CB2 0QQ,  
UK

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### Message from the Guest Editor

Gestational diabetes (GDM), defined as glucose intolerance first detected in pregnancy, has a rising prevalence such that it is thought to affect up to one in six pregnancies worldwide. Nutrition plays a key role in it, whether as part of an ‘unhealthy’ diet that contributes to its cause or as changes in dietary intake which act as the frontline treatment for GDM (supplemented with exercise and, sometimes, pharmacological intervention). Dietary changes can therefore alter the risk of developing GDM in the first place, and once it has emerged in pregnancy, the risk of developing GDM-related complications such as macrosomia, respiratory distress, hypoglycemia, and jaundice in the neonate, and pre-eclampsia, as well as leading to an increased need for caesarean section and placental abruption in the mother. In this Special Issue, we aim to highlight the role of nutrition in both the etiology of GDM, whether directly or indirectly through weight gain and obesity, and in its role as a GDM treatment to lower hypoglycemia and the risk of these complications.



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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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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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