



## Diet, Maternal Nutrition and Reproductive Health

Guest Editor:

### **Dr. Angela Vinturache**

1. Obstetrics and Gynecology  
Department, University of  
Alberta, Edmonton, AB, Canada  
2. Department of Neuroscience,  
University of Lethbridge,  
Lethbridge, AB, Canada

Deadline for manuscript  
submissions:

**25 January 2025**

### **Message from the Guest Editor**

Dear Colleagues,

Diet and nutrition play an essential role in reproductive health. A healthy, balanced diet that provides all the necessary nutrients combined with an adequate lifestyle help to maintain optimal reproductive health in both men and women, as well as to improve fertility and the chances of the conception of a healthy pregnancy. This Special Issue aims to publish a variety of manuscript formats that include reviews, editorials, opinions on all aspects of reproductive health, including fertility, menopause, and pregnancy from preconception to pregnancy and delivery. We also invite papers which investigate the role of nutrition and lifestyle in gestational diabetes, preeclampsia, and other pregnancy complications, as well as in infertility, PCOS, and endometriosis.

We would consider qualitative and quantitative research of everyday situations, questions, and challenges that men and women face in attempting to maintain healthy nutrition and a healthy lifestyle. Examining such questions could provide answers to aid healthcare professionals in the nutrition-based counselling during reproductive life.





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## 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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## Message from the Editorial Board

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## Contact Us

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

Tel: +41 61 683 77 34  
www.mdpi.com

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