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Dietary Therapies and Lifestyle Modifications for Gestational Diabetes and Their Implications for Maternal and Offspring Health

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Message from the Guest Editors

Gestational diabetes mellitus (GDM) complicates 4–12% of pregnancies. It is considered one of the most prevalent pregnancy complications. Adequate glycemic control is highly important during pregnancy, since uncontrolled GDM is associated with severe short- and long-term maternal and neonatal morbidities.

In recent years, the effect of dietary changes and lifestyle modifications on glycemic control has gained attention, especially since pharmacological therapies to lower blood glucose are associated with adverse effects as well as unclear long-term effects on offspring health.

The aim of this Special Issue is to provide a collection of articles that showcase the current issues in research on “Dietary Therapies and Lifestyle Modifications for Gestational Diabetes and Their Implications for Maternal and Offspring Health”. As the Guest Editors of this Special Issue, we invite you to submit research articles, review articles, and short communications related to this topic.



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Special Issue



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