



Nutrition Before and During Pregnancy for the Prevention of Pregnancy Complications

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Message from the Guest Editor

Maternal nutrition is an important determinant of the health of the mother and of the developing foetus during pregnancy. Despite the growing knowledge on this topic, there remains a lack of understanding of the nature, timing and causal pathways of the effects of dietary intake and interventions on health outcomes in pregnancy. New research is therefore needed to advance our understanding of maternal nutrition—before, during and between pregnancies—to optimise health outcomes of women and children.

This Special Issue aims to bring together the latest research on the role of nutrition in the prevention of pregnancy complications. Studies on the underlying epigenetic, physiological and behavioural mechanisms of these relationships are particularly encouraged. Studies on a broad range of nutrition factors, including nutrients, foods, dietary patterns and behaviours, are warranted. Pregnancy complications include, but are not limited to, gestational diabetes, gestational hypertension, pre-eclampsia, intrauterine growth restriction, antenatal depression, excessive gestational weight gain and stillbirth.





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