



nutrients



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Nutrition Education in the Perinatal Period

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Message from the Guest Editor

Adequate dietary intake in the perinatal period is crucial for better pregnancy outcomes, fetal and infant growth, and prevention of chronic diseases in later life. However, insufficient/excessive energy and micronutrient intake among women in this life stage remains widespread globally.

Nutrition education has potential benefits in improving dietary habits. However, the best and most effective methods are still unclear. Under different circumstances, different approaches may be required as nutritional status, knowledge, and skills vary between people, cultures, countries, and regions.

As pregnant and postpartum women regularly visit hospitals or clinics for maternal or infant health checkups, the perinatal period presents a unique opportunity for healthcare professionals to help women to enhance their ability for dietary self-care. As such, we would like to collect a wide range of articles aimed at improving the dietary habits of pregnant and postpartum women regarding educational intervention, discussing appropriate intervention theories, methods, and timing for these women. Submissions of original articles, systematic reviews, meta-analyses, and commentaries are welcome.



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