

Special Issue

Effects of Maternal Nutrition and Lifestyle before and during Pregnancy on Short- and Long-Term Outcomes

Message from the Guest Editor

This Special Issue deals with the effects of maternal nutrition and lifestyle before and during pregnancy on short- and long-term outcomes, for both the mother and offspring. Malnutrition, found both in conditions of undernutrition and overnutrition such as obesity, is expanding exponentially worldwide to near-epidemic proportions, representing a significant risk factor for gestational complications and impaired pregnancy outcomes. The prevention of malnutrition and unhealthy behaviors, as well as understanding the mechanisms underlying their association with negative pregnancy outcomes, is therefore of extreme importance for global health and global socio-economic stability.

Among ongoing research, studies on placental alterations, maternal biomarkers and epigenetics are leading to a partial comprehension of the events that come into play in these conditions, which could provide interesting insights for future interventions.

In this Special Issue of *Nutrients*, we welcome original research articles, as well as review articles on the current state of research.

Guest Editor

Dr. Chiara Mandò

Department of Biomedical and Clinical Sciences, Università degli Studi di Milano, 20157 Milan, Italy

Deadline for manuscript submissions

closed (25 March 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/211906

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)