

Special Issue

Nutritional Recommendations of Gestational Diabetes – What Should I Eat?

Message from the Guest Editors

Optimising the nutritional status of women before and during pregnancy is of the utmost importance to ensure maternal and fetal health. This becomes more critical in gestational diabetes mellitus (GDM). Women with GDM strive to support optimal fetal development while maintaining normoglycemia. Hyperglycemia during pregnancy is associated with poorer short- and long-term health outcomes for both the mother and her offspring. Therefore, nutrition is understood to play a key role in GDM management. Despite accruing evidence in the area, gaps persist in translating observational evidence to effective nutrition therapy. Thus, this Special Issue aims to synthesize evidence to aid in updating nutritional recommendations for effective GDM prevention and management. The scope of this Special Issue is to further our understanding of the nutritional risk factors, dietary patterns, and eating behaviours that are associated with the incidence of GDM and its management during pregnancy and beyond.

Guest Editors

Dr. Barakatun Nisak Mohd Yusof

Faculty of Medicine and Health Sciences, University Putra Malaysia, Serdang, Malaysia

Dr. Sangeetha Shyam

Human Nutrition Unit, Department of Biochemistry & Biotechnology, School of Medicine, IISPV, Rovira i Virgili University, Tarragona, Spain

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MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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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

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