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The Role of Mediterranean Diet during Pregnancy on Maternal and Offspring Health

Guest Editors:

Dr. Francesca Crovetto

Dr. Rosa Casas

1. Department of Internal Medicine, Hospital Clinic, Institut d'Investigació Biomèdica August Pi i Sunyer (IDIBAPS), University of Barcelona, Villarroel, 170, 08036 Barcelona, Spain
2. Centro de Investigación Biomédica en Red de la Obesidad y la Nutrición (CIBEROBN), Instituto de Salud Carlos III, 28029 Madrid, Spain

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Message from the Guest Editors

Pregnancy is a unique period of a woman's life with several important changes, not only for the woman herself, but also for her fetus and future child. During pregnancy, the fetus is exposed to environmental factors through the mother. In particular, nutrition and the health status of the mother play an important role in this process, which is called "fetal programming". Indeed, what happens during prenatal life can influence the health status of the individual during childhood and adulthood. The Mediterranean diet is a healthy dietary pattern that has been associated with several disease preventions. Its potential role during gestation for mothers and offspring outcome has increased in the last few years. Understanding the effectiveness of interventions during pregnancy based on this diet and its related mechanisms is essential for the health status of both the mother and offspring.

This Special Issue will focus on pertaining to the strategies and mechanisms of the Mediterranean diet that could be useful for preventing disorders in mothers and offspring and improving their health. We welcome systematic literature reviews and original research.



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Special Issue



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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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Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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