

From maternal health to sports nutrition: highlighting new perspectives in clinical and experimental research

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This edition of *Nutrition and Metabolism: Clinical and Experimental* presents work produced by undergraduate Nutrition students from the Federal University of Health Sciences of Porto Alegre (UFCSPA). The journal received various submissions from diverse fields, offering insight into and showcasing the work students produce to mark this crucial stage of their higher education. The published studies spanned the areas of maternal and child nutrition ¹, clinical nutrition ^{2,3}, public health nutrition ⁴, and sports nutrition ⁵. All are original contributions that foster the development of their respective fields and the discipline of Nutrition as a whole ^{6,7}.

In the study presented by Berlt et al. ¹, a cross-sectional design was used to investigate dietary intake—specifically regarding different food groups—alongside socioeconomic data and food choices among pregnant women. The authors found that while the pregnant women were highly concerned about fetal health, they faced significant challenges that influenced their food choices.

In the study by Luvisa et al. ³, the authors used a retrospective cohort design to evaluate perioperative molecular biomarkers in patients receiving immunonutrition in conjunction with hyperthermic intraperitoneal chemotherapy. In this work, the authors assessed C-reactive protein and plasma albumin concentrations at various time points.

Adding to the contributions in Clinical Nutrition, Paixão et al. ² investigated the association between preoperative nutritional risk and total length of hospital stay in neurological patients. In a sample of 334 patients, it was observed that malnourished patients had longer hospital stays than well-nourished patients. The authors highlight that early nutritional screening offers a crucial opportunity to optimize postoperative recovery for these patients.

As a notable and interesting contribution to Public Health, Mendes et al. ⁴ conducted a cross-sectional study evaluating dietary diversity among 166 adults utilizing Brazil's Unified Health System (SUS). Dietary diversity is considered a key indicator of diet quality and micronutrient adequacy. Addressing a gap in the literature, the authors observed that dietary diversity was influenced by behavioral factors and socioeconomic inequalities.

Finally, Souza et al. ⁵ examined an aspect previously unexplored in sports nutrition—specifically regarding CrossFit® research—by evaluating raw bioelectrical parameters in CrossFit® practitioners and correlating them with anthropometric data. The authors

demonstrated that phase angle serves as a marker associated with lower adiposity and a greater lean body mass component in practitioners of this sport.

We hope that reading these studies in full will further stimulate interest in advancing nutritional knowledge. *Nutrition and Metabolism: Clinical and Experimental* believes in the mission that quality science should be a collective endeavor, characterized by transparent, highly replicable methods that foster discussion among scientists and researchers in the field.

We invite authors and interested parties to share their work and publish their findings in *Nutrition and Metabolism: Clinical and Experimental*, contributing to the development of a more robust, competitive, and accessible field of nutrition.

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