



Optimizing Nutrition for Sports

Guest Editors:

Dr. Francisco Javier Grijota

Faculty of Sports Sciences,
Universidad de Extremadura,
10003 Cáceres, Spain

Dr. Ignacio Bartolomé

Faculty of Education, Pontifical
University of Salamanca, 37007
Salamanca, Spain

Deadline for manuscript
submissions:

15 August 2024

Message from the Guest Editors

Dear Colleagues,

Sports nutrition is the study of the relationship between diet and physical performance. It focuses on how foods and nutrients affect the body during exercise and training. Adequate sports nutrition should provide the body with the nutrients it needs to function optimally. Nutrition before, during, and after exercise is important for athletic performance, as well as the use of nutritional supplements, which can be helpful for some athletes, but are not necessary for all, and not all supplements have scientific evidence to support their benefits. Athletes should ensure that they consume a variety of healthy foods to provide their body with the nutrients it needs to function optimally, as well as knowing which supplements to use and which not to use. It is also important to control the timing of food intakes as well as the recommended amounts. Based on the above, the purpose of this Special Issue is to try to further develop the existing knowledge about sports nutrition and thus provide more information to coaches and nutritionists about the evidence in this field.

In this Special Issue, original research articles and reviews are welcome.





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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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Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

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

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