



nutrients



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Dietary Considerations for Elite Athletes

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Deadline for manuscript
submissions:

15 July 2024

Message from the Guest Editor

This Special Issue aims to address a broad spectrum of topics that enable us to better understand the effects of diet and nutrition on elite athletes' health and exercise performance. It has long been established that the nutritional status of athletes can influence their physiological function and, in recent years, there has been proliferating interest in the potential for nutrition to enhance athletic performance and recovery. The nutritional intake of elite athletes is a critical determinant of their health, athletic performance and ability to compete both physically and mentally.

The aim of this Special Issue is to highlight relevant topics regarding nutritional support for elite athletes, including, for example, dietary patterns, periodization, macronutrient distribution, micronutrient intake, and meal timing during training and competition. We welcome the submission of both original research articles and up-to-date reviews.



mdpi.com/si/175320

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

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