



*nutrients*



an Open Access Journal by MDPI

## Dietary Considerations for Elite Athletes

Guest Editor:

**Dr. Anna Melin**

Department of Sport Science,  
Faculty of Social Sciences,  
Linnaeus University, 351 95 Vaxjo,  
Sweden

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](https://mdpi.com/si/175320)

**Special** Issue



# *nutrients*



an Open Access Journal by MDPI

## 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

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

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

## Contact Us

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

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[X@Nutrients\\_MDPI](https://x.com/Nutrients_MDPI)