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Ringing the Changes in Sports Nutrition and Exercise Metabolism

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Message from the Guest Editor

It is clear that sports nutrition and exercise metabolism research has evolved significantly over the last 50 years. The sports nutrition and exercise metabolism disciplines looks set to continue to advance with the emergence of new technologies and the demand from athletes to further fine tune nutritional strategies to optimise their performance. Potential topics in the current sports nutrition environment include: the use of continuous biomarker and AI technologies to fine tune diets for optimal performance outcomes, how nutrients can be utilised to enhance immunity especially in the background of the last 2 years with COVID-19, how nutrition can be used to prolong athletic careers and enhance recovery in late career athletes and the use of ketones/ketogenic diets to improve individual performance. The purpose of this special issue, 'Ringing the Changes in Sports Nutrition and Exercise Metabolism', is to provide insight into the emerging issues in sports nutrition and exercise metabolism and invite contributions that describe new perceptions into managing nutrition for optimal performance.



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