Protein for Post-Exercise Recovery and Performance

Message from the Guest Editor

Dear Colleagues,

Dietary protein and amino acids are indispensable for the post-exercise recovery process, through their ability to help repair and remodel a variety of body proteins, including skeletal muscle. Evidence is also emerging that protein and amino acids may help with fluid homeostasis and glycogen resynthesis, thus serving as a potential linchpin for the three “R’s” of recovery: Repair, rehydrate, and refuel. The articles in this Special Issue will highlight the role dietary protein and amino acids play in enhancing the recovery from and adaptation to exercise in active and athletic populations.

Daniel Moore, Ph.D.
Assistant Professor
Faculty of Kinesiology & Physical Education
University of Toronto
100 Devonshire Place
Toronto, ON, Canada
M5S 2C9

Dr. Daniel Moore
Guest Editor

mdpi.com/si/9580
Editor-in-Chiefs

Prof. Dr. Lluis Serra-Majem
Professor of Preventive Medicine & Public Health Director of the Research Institute of Biomedical and Health Sciences University of Las Palmas de Gran Canaria, Spain

Prof. Dr. Maria Luz Fernandez
Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. Nutrients adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of Nutrients has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Author Benefits

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

High visibility: indexed by the Science Citation Index Expanded (Web of Science), MEDLINE (PubMed), Scopus and other databases. Full-text available in PubMed Central.

Rapid publication: manuscripts are peer-reviewed and a first decision provided to authors approximately 14.2 days after submission; acceptance to publication is undertaken in 4.4 days (median values for papers published in this journal in the second half of 2018).

Contact Us

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

Tel: +41 61 683 77 34
Fax: +41 61 302 89 18
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
@Nutrients_MDPI