



nutrients



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Nutrition, Energy Expenditure and Body Composition in Association with Physical Activity or Physical Performance

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Message from the Guest Editor

The interaction between physical activity and nutrition has attracted increasing attention in the clinical setting, such as preventing obesity, sarcopenia, and other diseases, and all-cause mortality and sport nutrition. Physical performance is a major determinant of health as well. This Special Issue calls for high-quality research articles and reviews which address nutrition, energy expenditure, and body composition studies in association with physical activity or physical performance. Any studies that address the interaction between nutrition and physical activity or performance are welcomed in this issue.



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