

Special Issue

The Role of Nutrition in Exercise and Sports—2nd Edition

Message from the Guest Editors

Nutrition plays a fundamental role in every physiological process by supporting energy production and tissue remodelling. A healthy adaptation to exercise demands a well-balanced intake of macro-/micronutrients and essential minerals to optimize performance during training and competition, maintain healthy bodyweight, and support muscle recovery.

This Special Issue titled "The Role of Nutrition in Exercise and Sports—2nd Edition" welcomes the submission of original research and comprehensive review articles that explore the interaction between nutrition—including dietary supplements—and exercise, with a focus on muscle health and physical performance. While human studies are our primary focus, high-quality work involving animal models will also be considered.

We particularly encourage submissions that:

- Investigate the role of specific dietary interventions or supplements in supporting performance and recovery;
- Address the influence of nutrition on physiological adaptations to training;
- Examine inter-individual or sport-specific nutritional needs;
- Present systematic reviews and meta-analyses that synthesize current evidence.

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About the Journal

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.

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