

Special Issue

Optimizing Nutrition for Sports and Metabolic Chronic Disease

Message from the Guest Editor

Nutrition and body composition represent the principal aspects of sports performance for extreme and high-intensity sports and for social sports. A correct lifestyle includes indications for food intake to reduce the possibility of accumulation of cardiovascular risks such as hypertension, diabetes and obesity and to improve life expectancy. Sports medicine is largely involved in exercise prescription programs, and nutritional investigation contributes to tailoring these exercise programs. In fact, few data are available, especially in cases of extreme ambient conditions, as is usual for “tactical athletes” working in high-impact sports. This Special Issue will focus on the factors related to lifestyle, dietary approaches, food intake and composition that influence sports activity and lifestyle reconditioning. Authors are also encouraged to submit research and reviews with emphasis on prevention and treatment strategies.

Guest Editor

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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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