

## Special Issue

# Dietary Practices, Body Composition and Sports Performance of Athletes

### Message from the Guest Editor

Athletes' dietary practice can have a multitude of impacts on body composition, sporting performance, training adaptations, and health. If it is optimal, the aforementioned factors change favorably, and this determines whether they win or lose. Whilst this is generally accepted, 1) the impact of dietary intake on sport performance is poorly understood, and 2) research has suggested that athletes perform sub-optimal nutrition practice. In response, in this Special Issue, we invite research papers that investigate athletes' dietary practices and the impact this may have on body composition and/or sports performance. Articles that also discuss interventions to modify dietary practice are of interest.

### Guest Editor

Dr. Lewis Anthony Gough

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### Deadline for manuscript submissions

closed (25 July 2024)



## Nutrients

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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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