

Special Issue

Food-Based Interventions in Sport

Message from the Guest Editor

Desired improvements in athletic performance can be achieved with adjustments to food and fluid intake. However, dietary prescriptions based on macronutrient composition, with little consideration of the athlete's food knowledge, skills and preferences, may be impractical to implement and may overlook important individual and planetary health considerations. Culinary interventions seek to develop athletes' food knowledge and skills to actively involve them in the design and preparation of meals that support their performance goals and food preferences. Emerging evidence supports the use of culinary interventions in healthcare and community settings, but few publications describe the design, feasibility and effectiveness of culinary nutrition interventions in sport settings. There is a need for more research exploring culinary nutrition in sports to provide the evidence needed to advocate for the establishment of culinary nutrition practices in sport settings. For this Special Issue, we invite submissions of reviews and original research that describe the necessity of, design, use and/or evaluation of culinary interventions in sport.

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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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