

Special Issue

Fueling the Future: Advances in Sports Nutrition for Young Athletes

Message from the Guest Editors

This Special Issue explores the latest scientific advancements in sports nutrition tailored for active young individuals. It aims to provide evidence-based insights into the adequacy of food and nutrient intake in several sports practices at young ages (e.g., soccer, swimming, volleyball) as well as the characterization of body composition and growth, adherence to healthy dietary patterns and knowledge assessment on sports nutrition topics. The ultimate question is whether young athletes are meeting the energy and nutrient requirements for proper growth and development, and we aim to build evidence on future research about sports nutrition knowledge and food education programs tailored for these age groups.

Guest Editors

Dr. Filipa Vicente

Applied Nutrition Research Group (GENA), Nutrition Lab, CIIEM—Egas Moniz School of Health & Science, Caparica, 2829-511 Almada, Portugal

Dr. Paula C. Pereira

Applied Nutrition Research Group (GENA), Nutrition Lab, CIIEM—Egas Moniz School of Health & Science, Caparica, 2829-511 Almada, Portugal

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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