

## Special Issue

# Benefits of Protein for Health and Athletic Performance

### Message from the Guest Editors

Proteins are essential macronutrients, and their recommended intake evolves throughout life, varying with age, health status (e.g., clinical populations), and physical performance (e.g., athletes). While animal-based proteins are traditionally considered superior due to their higher essential amino acid (EAA) content and bioavailability, there is growing interest in alternative sources with lower environmental impacts. Further research could support the development of sustainable protein supplements with potential benefits for well-being and fitness. This Special Issue welcomes original research, reviews, and meta-analyses exploring the role of proteins in health, disease prevention, and athletic performance, bridging nutritional science, sustainability, and practical applications to provide evidence-based guidance for researchers, clinicians, and practitioners.

### Guest Editors

Prof. Dr. Stefania Orrù

Dr. Annamaria Mancini

Dr. Daniela Vitucci

### Deadline for manuscript submissions

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## 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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### Editors-in-Chief

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