

Special Issue

Nutritional Habits in a Sports Context

Message from the Guest Editors

The assessment of dietary intake makes it possible to determine the intake of energy and nutrients and compare it with the reference values, helping the general population, athletes or a population under study to identify inadequate patterns that prevent these groups from meeting nutritional requirements. In addition, the relationship between dietary patterns and the appearance of chronic diseases has been observed, showing that a healthy diet with the practice of physical activity is one of the modifiable factors that directly influences the prevention and appearance of these diseases. In recent years, new technologies have introduced different ways of recording dietary intake, reducing the effort of respondents and improving the accuracy of traditional recording methods, such as 24-hour recall and food frequency questionnaires, among others.

Guest Editors

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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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