

Special Issue

The Effects of Targeted Nutritional Strategies on Athlete Performance

Message from the Guest Editors

As nutritional science evolves, dietary management has become a cornerstone in optimizing athlete performance, recovery, and adaptation. Recent studies have highlighted the value of aligning energy intake with training demands, as seen in elite athletes whose performance hinges on precisely tailored caloric and nutrient plans. Innovative directions, including gut microbiota modulation, chrononutrition, and nutrigenomic applications, have revealed how personalized nutrition can support metabolic efficiency, immune resilience, and cognitive function under stress. Bridging theoretical insights and applied practice, this Special Issue will showcase original research and reviews exploring the interplay between dietary interventions and physiological markers, performance metrics, and sport-specific demands. Topics of interest include energy availability, recovery strategies, sex-specific nutrition, and dietary monitoring tools. This Special Issue will provide a comprehensive platform to advance evidence-based nutritional approaches that will empower athletes across disciplines to achieve their peak potential.

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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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