

Special Issue

Sports Nutrition for Athletes

Message from the Guest Editor

The Special Issue discusses sports nutrition for youth athletes. Sports nutrition has emerged as a specialty area of nutrition because athletes must fuel their bodies properly to meet the physical demands of their sport or activity. Sports nutrition also facilitates repair and rebuilding processes while promoting overall health and wellness and optimizing athletic performance. Sports nutrition professionals in the field working with youth athletes (including coaches, athletic trainers, etc.) must be up to date with the latest nutrition research and guidelines in order to pass this on to youth athletes and their parents. The goal of this Special Issue is to present the latest research on sports nutrition for youth athletes. In this Special Issue of *Nutrients*, we welcome the submission of manuscripts that provide either original research or reviews on the current state of research on this topic.

Guest Editor

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Deadline for manuscript submissions

closed (20 July 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/152946

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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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