

## Special Issue

# Protein and Skeletal Muscle Metabolism

### Message from the Guest Editor

Dietary protein intake is crucial for numerous physiological functions, particularly skeletal muscle growth and maintenance. Several important considerations exist to maximize the prospective anabolic and metabolic effects of protein intake: the daily amount, timing, and daily distribution of protein sources; the source of protein (i.e., animal, plant, etc.); and the type of protein and/or associated matrix (liquid or whole food). This Special Issue of *Nutrients* is dedicated to focusing on these different parameters of dietary protein, with skeletal muscle a key emphasis. Submissions from human participants of varying ages are strongly focused.

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### Guest Editor

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### Deadline for manuscript submissions

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## Nutrients

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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.

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