

Special Issue

Sport Nutrition and Performance Strategies for the Female and Male Athletes/Performing Artist

Message from the Guest Editors

This Special Issue of *Nutrients*, titled "Sport Nutrition and Performance Strategies for the Female and Male Athletes/Performing Artist", emphasizes the critical role of nutrition in athletes' and performing artists' performances, recovery, and overall well-being, irrespective of sex. This Special Issue seeks manuscripts exploring tailored nutritional strategies considering sex-specific differences, hydration and electrolyte balance optimization, evaluation of supplements and ergogenic aids, nutrition for injury prevention and recovery, specialized diets' implications for health and performance, nutritional requirements for youth athletes, body composition optimization, feeding and eating disorders, support for teams and athletes/performing artists with specific dietary needs, and emerging trends in sports nutrition research. Submissions should contribute to advancing our understanding of sport nutrition and performance strategies.

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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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