

Special Issue

The Effects of Nutritional Intake on Sports Performance

Message from the Guest Editors

This Special Issue aims to collect high-quality studies, including original research articles and reviews with different experimental designs. Meta-analyses and systematic reviews focusing on how various dietary/supplementation strategies affect athletic performance, recovery, training adaptation, and injury prevention will also be considered. Particular attention will be given to sex-based differences. Although growing evidence suggests that physiological and hormonal factors may modulate the metabolic and functional responses to nutritional interventions, research in this area remains limited. Another primary focus will be the timing of nutrient and supplement intake, an aspect that can critically affect energy availability, performance outcomes, and recovery efficiency. Moreover, contributions exploring the roles of specific macro- and micronutrients, bioactive compounds, and anti-inflammatory strategies in supporting long-term performance sustainability and musculoskeletal health are welcome. Overall, this Special Issue aims to advance our understanding of how nutritional strategies can optimize performance and reduce injury risk among both female and male athletic populations.

Guest Editors

Dr. Marco Malaguti
Prof. Dr. Cristina Angeloni
Prof. Dr. Raúl Domínguez

Deadline for manuscript submissions

15 June 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/263009

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)