

Special Issue

Alternative Diets, Supplementation Strategies and Sports Nutrition

Message from the Guest Editor

Suitable nutrition, including dietary supplementation, plays an essential role in exercise and sports. Healthy eating is important for health, adaptation to physical effort, weight maintenance and exercise performance, with some athletes requiring special nutritional treatment due to their health status. A personalized diet should take into account genetic predispositions, needs to be appetizing, and supplements can complement it and support exercise capacity. All these factors force athletes to constantly seek the best nutritional and supplementation strategies, with several new dietary approaches having gained attention in recent decades. Diets with a different macronutrient content, health-promoting diets, low-energy diets focused on optimal weight maintenance and other diets popular among athlete have been analyzed as alternative dietary strategies exhibiting potential performance and metabolic improvement effects. It is extremely important these claims be scientifically proven before being adopted in the athletic population. The scientifically proven and unambiguous effectiveness and safety of ergogenic dietary supplements is also crucial.

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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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