

Special Issue

Nutrition and Athletic Performance

Message from the Guest Editor

Exercise necessitates increased energy production to match the elevated demand of physical activity, the magnitude of which varies significantly by activity, sport, and/or athletic position. While long term nutritional habitus is known to impact exercise performance, short term or acute nutritional strategies may also prove beneficial, or detrimental, to athletic performance. Modifications to macro- or micro-nutrient intakes likely influence athletic capacity through the altered metabolic capacity, although cardiovascular, respiratory, or neurocognitive effects are not to be discounted as possibly being influenced by altering the nutritional approach. Similarly, dietary supplementation with factors such as probiotics or antioxidants, either acutely or chronically, is also a likely avenue in which to optimize athletic performance. Supplementation, or the timing of supplementation, diurnally or with activity, may help to bridge gaps between dietary intakes and needs, perhaps as a result of either an inadequate intake and/or high level of athletic demand via high intensity, frequency, volume, or a combination thereof.

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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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