

## Special Issue

# Improving Athletes' Diet and Physical Fitness: What Do We Know So Far?

### Message from the Guest Editor

Different dietary patterns have been explored with respect to cardiorespiratory fitness, physical strength, sports performance and muscle recovery in athletes. Some commonly explored diets include high-protein diets and ketogenic diets, as well as a variety of antioxidant, anti-stress and anti-inflammatory dietary strategies. It is also essential to highlight the increased reliance of athletes on sports foods and dietary supplements to optimize training adaptation and boost performance. Most of the time, those supplements are taken with little/no professional guidance and do not provide any additional benefits. This Special Issue aims to communicate up-to-date evidence-based knowledge on the interaction between different dietary approaches and physical fitness, and their role in optimizing performance and supporting fast recovery in athletes of different age groups, involved in different types of sports. All forms of manuscripts, including experimental papers, narrative reviews, systematic reviews, meta-analyses and short communications, are welcomed. We look forward to receiving your submissions.

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### Guest Editor

Dr. Dalia El Khoury

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### Deadline for manuscript submissions

closed (5 July 2024)



## 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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