

Special Issue

Nutrition as a Part of Comprehensive Health Management of Elite Athletes

Message from the Guest Editors

Nutrition is fundamental to elite sport, extending beyond fueling to overall health. Inadequate energy intake relative to training demands causes Low Energy Availability and Relative Energy Deficiency in Sport (RED-S), impairing metabolic, endocrine, musculoskeletal, and psychological health in all athletes. As sport evolves, integrated, multidisciplinary approaches centered on nutrition are essential. Advances in monitoring and precision nutrition offer opportunities to individualize support, enhancing performance and career longevity. This *Nutrients* Special Issue gathers research on nutrition within comprehensive athlete care, welcoming contributions on mechanisms, assessment, interventions, and practical applications across diverse sports. It aims to deepen understanding of energy availability's link to physiological function, explore innovative monitoring, and present strategies supporting athletes at all career stages. Ultimately, it underscores that safeguarding athlete health through evidence-based nutrition is both an ethical imperative and a prerequisite for sustainable high performance.

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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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