

Special Issue

Women in Sport Nutrition

Message from the Guest Editor

Despite significant progress in sports science, the equitable inclusion of women in research remains an unresolved challenge. Although female participation in competitive sports has grown substantially, sports nutrition studies remain predominantly male-focused. This imbalance restricts scientific knowledge and undermines the relevance of nutritional guidelines for female athletes. Sex-based physiological differences, hormonal variability, and the menstrual cycle require tailored, evidence-based approaches. This Special Issue aims to highlight, deepen, and advance research on nutrition in female athletes. We invite researchers, professionals, and academics to submit original studies, systematic reviews, evidence-based guidelines, and educational proposals focused on this population. Kind regards,

Guest Editor

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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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