

Special Issue

Effects of Nutritional Interventions on Athletic Performance

Message from the Guest Editors

Over recent decades, notable research on the role of nutrition in athletic performance has been conducted. Nutritional recommendations focused on maximizing people's athletic performance and health are continuing to evolve.

Macronutrients (carbohydrate, fat, protein, and water) and micronutrients (caffeine, nitrates, anti-oxidants, and probiotics) have been used to optimize athletes' acute performance, prepare them, facilitate adaptation, reduce the negative impacts of the exercise stimulus, and to improve the impact of exercise on their general health. The American College of Sports Medicine (ACSM) and the Dieticians of Canada profess that nutritional strategies need to be personalized to the individual athlete and account for how they specifically and uniquely respond to various nutritional strategies.

This Special Issue welcomes original research and reviews covering nutritional strategies designed to improve athletic performance. The scope includes preparatory research evaluating the physiologic consequences of specific dietary behaviors and population-based studies examining the efficacy and effectiveness of specific dietary approaches on athletic 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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