

Special Issue

Special Nutritional Needs and Nutritional Status of Team Sports Athletes

Message from the Guest Editors

A well-balanced diet is one of the key elements supporting physical performance. Meeting the nutritional needs of athletes is crucial during the preparation for exercise and during exercise, as well as during the recovery period. Also, the period of preparation for competition and training, as well as the competition itself, are special periods characterised by specific nutritional needs. Team sports also have their own specificities. Athletes filling different roles on the team may have more or less intense efforts during their sport. Training will also focus on different elements depending on the type of team sport. It is therefore important to study the nutritional status of team athletes, the effect of diet on their physical performance, and to monitor the intake of specific food groups for possible deficiencies and the consequences that follow. This Special Issue aims to bring together papers focusing on the effect of diet on physical activity in team athletes at different periods of the micro- and macrotraining cycle.

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Deadline for manuscript submissions

closed (5 September 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/178606

Nutrients
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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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