

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.

Guest Editors

Prof. Dr. Dariusz Włodarek

Department of Dietetics, Institute of Human Nutrition Sciences, Warsaw University of Life Sciences (SGGW-WULS), 166 Nowoursynowska Street, 02-787 Warsaw, Poland

Dr. Hubert Dobrowolski

Department of Functional and Organic Food, Institute of Human Nutrition Sciences, Warsaw University of Life Sciences (SGGW), 159c Nowoursynowska Str., 02-776 Warsaw, Poland

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
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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