

Special Issue

Dietary Strategies for Athletes

Message from the Guest Editors

Many athletes seek to move on to higher levels of competition or become professionals in their sport, while others desire optimal athletic performance on a daily basis. In order to achieve these types of goals, athletes tend to train year-round to improve their physical skills, while also taking steps to avoid injury. However, an emphasis should also be placed on proper nutrition and hydration. The purpose of this Special Issue is to highlight recent research examining aspects of sports nutrition as they relate to nutritional intake and hydration in athletes to maximize health, wellness and performance. Manuscript submissions of original research, meta-analyses or reviews of the scientific literature which targets dietary strategies that benefit athletic performance and health are welcome. Studies performed in humans are preferred given the applied nature of this issue.

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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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