

Special Issue

Sport Nutrition Knowledge: Diet, Energy, Recovery and New Perspectives Related to Health and Performance

Message from the Guest Editors

Nutrition is an essential component in the sports context, and understanding its role in optimising performance and recovery is crucial. The term "performance nutrition" refers to the strategic management of dietary intake to maximise efficiency and endurance during physical activity. A proper and comprehensive understanding of specific nutritional requirements based on set goals and the discipline involved provides a foundation for designing dietary plans tailored to individual needs. This Special Issue, entitled "Sport Nutrition Knowledge: Diet, Energy, Recovery and New Perspectives Related to Health and Performance", aims to present a comprehensive analysis that delves into the understanding of sports nutrition, providing valuable information for athletes, coaches and healthcare professionals seeking to optimise physical performance and recovery within the current knowledge in this field. In conclusion, new perspectives related to the incorporation of all the aforementioned elements into advanced nutritional strategies will be examined. Original research papers, clinical or study cases and literature reviews on exciting and novel topics are welcome.

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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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