

Special Issue

Macronutrient Intake Strategies in Recreational and Competitive Athletes

Message from the Guest Editors

Nutritional strategies (involving timing, dose, and frequency) are essential in sustaining and improving athletic performance. Compelling research has repeatedly demonstrated that pre-, intra-, or post-exercise nutrition strategies show plausible and beneficial interactions with the ability to improve athletic performance and win athletic events, independent of the sporting discipline. Despite the consensus around the paramount role of nutrition in athletic performance, the heterogeneity of results across sporting disciplines and individual responses means that further elucidation is required. For this Special Issue, we invite submissions of papers that (1) contribute to the current knowledge regarding macronutrient intake (carbohydrates, fats, and proteins) in recreational and competitive athletes; (2) challenge current approaches surrounding athlete feeding strategies; and (3) share original research/reviews that enhance our understanding of individualized/personalized athlete nutrition (i.e., precision nutrition) to improve athletic performance.

Guest Editors

Dr. Parker Hyde

Department of Kinesiology, University of Northern Georgia, Dahlonega, GA 30597, USA

Dr. Alex Buga

Department of Human Sciences, The Ohio State University, Columbus, OH 43201, USA

Deadline for manuscript submissions

closed (15 August 2025)



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

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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.

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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