

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.

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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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