

Special Issue

Performance Nutrition in Diverse Populations

Message from the Guest Editor

The profile of athletes participating in sport, particularly at the elite levels, is becoming increasingly diverse. Extensive research is available regarding the body's generalized response to exercise and the related nutritional needs; however, investigation is required regarding optimization for specific demographics. A host of factors will affect how the body responds to endurance and resistance exercise loads and the recovery thereafter. Additionally, nutrient needs are highly influenced by the individual athlete's physiology. An athlete's traits can affect energy expenditure, macro- and micronutrient needs, fluid recommendations, thermoregulation, muscle hypertrophy, recovery, and the effectiveness of ergogenic aids. Traditionally, however, recommendations are broadly applied based on evidence obtained in a relatively homogenous demographic. This Special Issue of *Nutrients* aims to cover a broad range of topics to improve the understanding of the influence of nutritional factors on health and physical performance in diverse athlete populations.

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Deadline for manuscript submissions

closed (20 January 2022)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/69039

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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.

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