

Special Issue

Personalized Nutrition Approaches for Enhancing Athlete Health and Wellbeing

Message from the Guest Editors

Personalized nutrition is an evolving approach that tailors dietary strategies to the unique needs of individual athletes. This approach is more holistic and goes beyond traditional performance-driven models, aiming to support the health and wellbeing of athletes. This includes physical, mental, emotional, and cognitive aspects to inform more precise and meaningful interventions. We welcome contributions that explore the scientific and practical dimensions of personalized nutrition that support health and wellbeing across varied athletic populations. Submissions may include original research, systematic reviews, and critical reflections that address both the opportunities and challenges of implementing personalized, athlete-centred nutrition strategies in real-world settings.

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Deadline for manuscript submissions

25 August 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/238663

Nutrients
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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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