

Special Issue

Ringling the Changes in Sports Nutrition and Exercise Metabolism

Message from the Guest Editor

It is clear that sports nutrition and exercise metabolism research has evolved significantly over the last 50 years. The sports nutrition and exercise metabolism disciplines looks set to continue to advance with the emergence of new technologies and the demand from athletes to further fine tune nutritional strategies to optimise their performance. Potential topics in the current sports nutrition environment include: the use of continuous biomarker and AI technologies to fine tune diets for optimal performance outcomes, how nutrients can be utilised to enhance immunity especially in the background of the last 2 years with COVID-19, how nutrition can be used to prolong athletic careers and enhance recovery in late career athletes and the use of ketones/ketogenic diets to improve individual performance. The purpose of this special issue, 'Ringling the Changes in Sports Nutrition and Exercise Metabolism', is to provide insight into the emerging issues in sports nutrition and exercise metabolism and invite contributions that describe new perceptions into managing nutrition for optimal performance.

Guest Editor

Dr. Marita A. Wallace

Department of Physiology and Membrane Biology, School of Medicine,
University of California, Davis, CA 95616, USA

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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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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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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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