

## Special Issue

# Nutritional Strategies to Support Health and Performance in Female Athletes

### Message from the Guest Editor

There is limited research on female athletes, including on their dietary needs across the lifespan. Yet participation in female sport is increasing; therefore, there is a need for quality research to support female health and performance throughout the lifecycle. This Special Issue is dedicated to fostering a more comprehensive understanding of how nutrition/dietary intakes impact performance and health outcomes in active females/female athletes. This Special Issue aims to present original papers and reviews on all aspects of women's nutrition. Research on the relation of nutrition and performance is highly welcomed.

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### Guest Editor

Dr. Katherine Black

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### Deadline for manuscript submissions

15 September 2026



## Nutrients

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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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