

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.

Guest Editor

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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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