

Special Issue

Metabolic Adaptations to Diet and Physical Activity

Message from the Guest Editor

Physical activity, ranging from low-intensity occupational or leisure-time movement to moderate- or high-intensity exercise, requires energy at different rates. These fluctuations in energy expenditure determine the contribution of lipid and carbohydrate metabolism and induce acute and chronic metabolic responses and adaptations which improve health and performance.

Diet includes not only the amount and quality of nutrients consumed daily by an individual, but also their manipulations aiming to promote weight loss, health, and physical performance. Potential topics may include, but are not limited, to the associations between macronutrients and micronutrients intake (or manipulation), dietary patterns, and the entire spectrum of physical activity (from light to high-intensity exercise). The outcome variables may be health-related metabolic adaptations, including metabolic and body composition changes, hormonal responses, as well as molecular mechanisms responsible for metabolic adaptations.

Guest Editor

Prof. Dr. Gregory C. Bogdanis

School of Physical Education and Sports Science, National and Kapodistrian University of Athens, Athens, Greece

Deadline for manuscript submissions

closed (31 October 2020)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/38100

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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

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 (UIBS), 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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