

Special Issue

Low Energy Availability and Relative Energy Deficiency in the General Population and Athletes

Message from the Guest Editor

Despite the importance of optimal nutrition for health and athletic performance, many athletes fail to match their energy intake to their exercise energy expenditure. Consequently, these individuals are at risk of low energy availability (LEA) and relative energy deficiency in sport (RED-S). LEA and RED-S are among the leading contributors to athletic illness and injury, with the potential ramifications having detrimental short- and long-term effects, i.e., disrupted resting metabolic rate, reductions in bone mineral density, suppressed immune responses, and increased risk of mood disorders, disordered eating, and mental health conditions. This Special Issue, “Low Energy Availability and Relative Energy Deficiency in Sports”, welcomes manuscripts related to elite competitive but also non-elite, athletic populations, with a focus on the assessment of the psycho-physiological variables associated with these conditions. Experimental papers, review articles, and commentaries are all welcome.

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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