

Special Issue

Recent Advances in Nutrition for Disease Prevention and Sports Performance Enhancement

Message from the Guest Editor

Growing evidence supports the important role of nutrition for health and performance. Nutritional interventions – alone or in combination with physical exercise – have proven effective for reducing the incidence of different chronic diseases and their associated risk factors (e.g., obesity, diabetes, hypertension, hypercholesterolemia). A healthy diet also seems to prevent many of the detrimental consequences of aging, notably sarcopenia and frailty. On the other hand, diet has been reported to influence physical performance, with nutrition – including nutritional supplements – being a cornerstone in the armamentarium of athletes. The role of nutrition seems therefore wide but, although research is rapidly growing, controversy still exists as to the optimal nutritional strategies for disease prevention and sports performance enhancement. The present special issue aims to report recent findings in the role of nutrition for disease prevention and sports performance enhancement, as well as to summarize current evidence on these topics.

Guest Editor

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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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