

Special Issue

Applied Nutrition in Strength and Conditioning for Health and Performance

Message from the Guest Editor

Several nutritional strategies are currently used to optimize training adaptation and recovery in physically active individuals, including strength and conditioning athletes. Adequate energy intake to meet the needs of regular training along with appropriate balance and proportion of macro and micronutrient is needed: carbohydrate to maintain glycogen stores, protein to support muscle growth and remodelling, and fat to maintain energy balance along with supporting essential biological functions. Furthermore, different athletic disciplines have specific nutritional needs.

Consequently, appropriate and individualised diet designs, considering different amounts and proportions of nutrients, throughout the day or during and after exercises, have been proposed as an effective nutritional countermeasure to optimise training adaptation.

You are invited to submit proposals for manuscripts that fit the objectives and topics of this Special Issue focused on “Applied Nutrition in Strength and Conditioning for Health and Performance”.

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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