

Special Issue

Personalized Exercise and Sports Nutrition

Message from the Guest Editors

A novel methodological approach is shifting away from a universal one-size-fits-all into nutrition personalized for sports and exercise that respects interindividual variability. This approach is of utmost importance in applications relating to high-performance sports athletes, healthy populations, or individuals with specific conditions, such as obesity and related disorders, osteoporosis, elderly, cancer, pregnancy and post-partum, among others. In addition, the individual responses to exercise result from changes in expression of genes mediated specifically by exercise and the interaction between exercise, dietary intake, and genetic variation. This Special Issue entitled “Personalized Sports and Exercise Nutrition” comprises manuscripts with recent advances in the analysis and monitoring of individual responses to exercise and food and/or nutrients and/or supplements intake, as well as the novel applications of nutrigenetic, nutrigenomic, metabolomic, and microbiota profiling.

Guest Editors

Dr. Sílvia Rocha-Rodrigues

1. Instituto Politécnico de Viana do Castelo, Escola Superior de Desporto e Lazer, 4900-347 Viana do Castelo, Portugal
2. Tumor & Microenvironment Interactions Group, i3S, 4200-135 Porto, Portugal

Dr. José Afonso

Centre for Research, Education, Innovation, and Intervention in Sport, Faculty of Sport, University of Porto, 4200-450 Porto, Portugal

Deadline for manuscript submissions

closed (15 May 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/115594

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

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 (IUIBS), 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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)