

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.

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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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