

Special Issue

Sport Nutrition for Athletes

Message from the Guest Editors

Nutrition represents, together with training and genetic background, a key factor leading to top performance since it provides energy, influences muscle adaptation to training, and improves cognitive functions and resistance to fatigue. In addition, athlete nutrition is also related to athlete health. Presently, an increasing number of elderly athletes compete with excellent results, suggesting that proper training and nutrition can extend the span of “sport longevity”. Athletes are now a population that includes people of different age groups, different genders, without or with chronic diseases (e.g., diabetes) or disabilities (Paralympic athletes), all of them with specific nutritional needs. Additionally, different cultural and regional habits and religion-related traditions may affect athlete nutritional needs.

This Special Issue seeks submissions of manuscripts, either describing original research or reviews with a focus on dietary patterns and specific nutrient/nutraceutical and supplements for athletes. Welcomes also the submissions of work on cell cultures and/or animal models if this work may have a direct implication to human nutrition.

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Deadline for manuscript submissions

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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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