

Special Issue

Sport Nutrition Knowledge of Athletes and Implications for Dietary Habits, Nutrient Status and Energy Availability

Message from the Guest Editor

Dietary insufficiencies may contribute to a variety of conditions including relative energy deficiency in sport (REDs), female athlete triad, nutrient deficiencies, and a predisposition to injury and illness among athletes. REDs is underpinned by a continuous state of low energy availability and may contribute to a multifactorial state of physiological dysfunction including, but not limited to, menstrual dysfunction, impairments in metabolism, disruptions in bone health, reproductive health and cardiovascular health in both female and male athletes. Nutrition knowledge may play a causative role in the observed low energy and nutrient intakes among athletic populations, particularly among those without access to a dietician or nutrition resources to help facilitate positive dietary habits and food accessibility. Therefore, this Special Issue will publish manuscripts that examine the potential relationships and causative roles of nutrition knowledge, body image/dissatisfaction and access to nutritional resources in the development of REDs, or associated nutritional insufficiencies such as low energy availability and specific nutrient deficiencies.

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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