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## Optimizing Nutrition for Sports

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### Message from the Guest Editors

Dear Colleagues,

Sports nutrition is the study of the relationship between diet and physical performance. It focuses on how foods and nutrients affect the body during exercise and training. Adequate sports nutrition should provide the body with the nutrients it needs to function optimally. Nutrition before, during, and after exercise is important for athletic performance, as well as the use of nutritional supplements, which can be helpful for some athletes, but are not necessary for all, and not all supplements have scientific evidence to support their benefits. Athletes should ensure that they consume a variety of healthy foods to provide their body with the nutrients it needs to function optimally, as well as knowing which supplements to use and which not to use. It is also important to control the timing of food intakes as well as the recommended amounts. Based on the above, the purpose of this Special Issue is to try to further develop the existing knowledge about sports nutrition and thus provide more information to coaches and nutritionists about the evidence in this field.

In this Special Issue, original research articles and reviews are welcome.



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# Special Issue



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