



## Plant-Based Diets in Sports Nutrition and Performance

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### Message from the Collection Editors

Dear Colleagues,

Plant-based diets provide well-established physical and environmental health benefits including aiding in the prevention and management of chronic diseases. In addition to health benefits, a plant-based diet may provide performance-enhancing effects for various types of exercise due to high carbohydrate levels and the high concentration of antioxidants and phytochemicals typically found in a plant-based diet.

The aim of this Collection “Plant-Based Diets in Sports Nutrition and Performance” is to summarize the current state of the research concerning the implications of a plant-based diet for health and exercise performance. This includes research addressing protein and micronutrient adequacy, dietary fat and nutrition education of plant-based athletes. Contributions may include original articles and reviews on plant-based dietary patterns and their hypothesised ability to modulate sport and exercise performance, and sport supplements that could interest plant-based athletes.





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