



A Food First Approach in Sports Nutrition

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Message from the Guest Editor

Dear Colleagues,

"Food first" is a priority that is endorsed by nutrition professionals in general, and also by sports nutritionists. Although this approach has been utilized for many years, there is no reason to miss the opportunity of taking advantage of dietary supplements, in a broad sense, and of specific ergogenic aids. That being said, another potentially missed opportunity is whole foods. With this paradigm shift occurring, structured (defined aim, dose, detailed source, and consumption frequency) supplementation with whole foods can now be regarded as a justified sports nutrition strategy (beetroot juice as a "new creatine" is a great example). However, there is a lack of data regarding evidence-based "food first" approach in sports nutrition, which is needed as a base for establishing practical recommendations. Therefore, we invite authors willing to share their work with athletes showing the pros and cons of a "food first" approach to sports nutrition.

This *Special Issue* of *Nutrients*, entitled "A Food First Approach in Sports Nutrition", welcomes original research and reviews of the literature concerning this important topic.





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