



nutrients



an Open Access Journal by MDPI

A Food First Approach in Sports Nutrition

Guest Editor:

Prof. Dr. Zvonimir Štalić

Faculty of Food Technology and
Biotechnology, University of
Zagreb, Pierottijeva 6, 10000
Zagreb, Croatia

Deadline for manuscript
submissions:

5 November 2024

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.



mdpi.com/si/174829

Special *Issue*



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI