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Sports Nutrition for Athletes

Guest Editor:

Dr. Shelley L. Holden

Department of Health,
Kinesiology and Sport, University
of South Alabama, Mobile, AL,
USA

Deadline for manuscript
submissions:

closed (20 July 2023)

Message from the Guest Editor

The Special Issue discusses sports nutrition for youth athletes. Sports nutrition has emerged as a specialty area of nutrition because athletes must fuel their bodies properly to meet the physical demands of their sport or activity. Sports nutrition also facilitates repair and rebuilding processes while promoting overall health and wellness and optimizing athletic performance. Sports nutrition professionals in the field working with youth athletes (including coaches, athletic trainers, etc.) must be up to date with the latest nutrition research and guidelines in order to pass this on to youth athletes and their parents.

The goal of this Special Issue is to present the latest research on sports nutrition for youth athletes. In this Special Issue of *Nutrients*, we welcome the submission of manuscripts that provide either original research or reviews on the current state of research on this topic.



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Special Issue



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Prof. Dr. Maria Luz Fernandez

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

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Message from the Editorial Board

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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