



## Nutrition and Body Composition of Athletes

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submissions:

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### Message from the Guest Editors

Current evidence suggests a relationship between nutrition intake and body composition values both in athletes and in the general population.

Body composition is a tool that allows us to know the nutritional status of the subject. Therefore, it will help us to detect and solve different situations in both poor sports performance and malnutrition, which can range from undernutrition to overweight.

It would be of great interest to evidence the impact that such nutrient intakes can have in modifying body composition in professional athletes and the general population, even to be able to show if there is a nutrient deficit and if this is related to the modification of that body composition.

Referring explicitly to sport, body composition is the basic pillar, as it will determine the performance of athletes, whether in training or in competitions, being a factor that will determine the resistance to fatigue of athletes.

We must take into account the different sports modalities and even their role in the team, as these characteristics will indicate the respective body composition profiles needed to perform their sporting function.





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