



*nutrients*



an Open Access Journal by MDPI

## Alternative Diets, Supplementation Strategies and Sports Nutrition

Guest Editor:

**Prof. Dr. Barbara Fraczek**

Department of Sports Medicine  
and Human Nutrition, University  
School of Physical Education in  
Krakow, 31-571 Kraków, Poland

Deadline for manuscript  
submissions:

**closed (15 November 2022)**

### Message from the Guest Editor

Dear Colleagues,

Suitable nutrition, including dietary supplementation, plays an essential role in exercise and sports. Healthy eating is important for health, adaptation to physical effort, weight maintenance and exercise performance, with some athletes requiring special nutritional treatment due to their health status. A personalized diet should take into account genetic predispositions, needs to be appetizing, and supplements can complement it and support exercise capacity. All these factors force athletes to constantly seek the best nutritional and supplementation strategies, with several new dietary approaches having gained attention in recent decades. Diets with a different macronutrient content, health-promoting diets, low-energy diets focused on optimal weight maintenance and other diets popular among athlete have been analyzed as alternative dietary strategies exhibiting potential performance and metabolic improvement effects. It is extremely important these claims be scientifically proven before being adopted in the athletic population. The scientifically proven and unambiguous effectiveness and safety of ergogenic dietary supplements is also crucial.



[mdpi.com/si/119226](https://mdpi.com/si/119226)

**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, Grosspeteranlage 5  
4052 Basel, Switzerland

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

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI