



Effects of Nutritional Interventions on Athletic Performance

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Message from the Guest Editors

Dear Colleagues,

Over recent decades, notable research on the role of nutrition in athletic performance has been conducted. Nutritional recommendations focused on maximizing people's athletic performance and health are continuing to evolve.

Macronutrients (carbohydrate, fat, protein, and water) and micronutrients (caffeine, nitrates, anti-oxidants, and probiotics) have been used to optimize athletes' acute performance, prepare them, facilitate adaptation, reduce the negative impacts of the exercise stimulus, and to improve the impact of exercise on their general health. The American College of Sports Medicine (ACSM) and the Dieticians of Canada profess that nutritional strategies need to be personalized to the individual athlete and account for how they specifically and uniquely respond to various nutritional strategies.

This Special Issue welcomes original research and reviews covering nutritional strategies designed to improve athletic performance. The scope includes preparatory research evaluating the physiologic consequences of specific dietary behaviors and population-based studies examining the efficacy and effectiveness of specific dietary approaches on athletic performance.





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Message from the Editorial Board

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