



## Performance Nutrition in Diverse Populations

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### **Message from the Guest Editor**

The profile of athletes participating in sport, particularly at the elite levels, is becoming increasingly diverse. Extensive research is available regarding the body's generalized response to exercise and the related nutritional needs; however, investigation is required regarding optimization for specific demographics. A host of factors will affect how the body responds to endurance and resistance exercise loads and the recovery thereafter. Additionally, nutrient needs are highly influenced by the individual athlete's physiology. An athlete's traits can affect energy expenditure, macro- and micronutrient needs, fluid recommendations, thermoregulation, muscle hypertrophy, recovery, and the effectiveness of ergogenic aids. Traditionally, however, recommendations are broadly applied based on evidence obtained in a relatively homogenous demographic. This Special Issue of *Nutrients* aims to cover a broad range of topics to improve the understanding of the influence of nutritional factors on health and physical performance in diverse athlete populations.





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