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Ringing the Changes in Sports Nutrition and Exercise Metabolism

Guest Editor:

Dr. Marita A. Wallace

Department of Physiology and Membrane Biology, School of Medicine, University of California, Davis, CA 95616, USA

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Message from the Guest Editor

It is clear that sports nutrition and exercise metabolism research has evolved significantly over the last 50 years. The sports nutrition and exercise metabolism disciplines looks set to continue to advance with the emergence of new technologies and the demand from athletes to further fine tune nutritional strategies to optimise their performance. Potential topics in the current sports nutrition environment include: the use of continuous biomarker and AI technologies to fine tune diets for optimal performance outcomes, how nutrients can be utilised to enhance immunity especially in the background of the last 2 years with COVID-19, how nutrition can be used to prolong athletic careers and enhance recovery in late career athletes and the use of ketones/ketogenic diets to improve individual performance. The purpose of this special issue, 'Ringing the Changes in Sports Nutrition and Exercise Metabolism', is to provide insight into the emerging issues in sports nutrition and exercise metabolism and invite contributions that describe new perceptions into managing nutrition for optimal performance.



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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

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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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