



nutrients



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Nutrition Knowledge and Energy Availability for Youth Athletes

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Message from the Guest Editor

Sports nutrition is practiced not only for the improvement of athletes' performance but also for conditioning, such as early recovery from fatigue, and for the prevention of sports injuries. In particular, the prevention and improvement of relative energy deficiency, amenorrhea, and osteoporosis, known as the "female athlete triad", are fields in which sports nutrition exactly shows its true value. However, it is difficult for youth athletes who are in the process of physical development and spending a lot of time training every day to acquire proper sports nutrition knowledge and to practice it. This Special Issue will focus on the current status of knowledge about sports nutrition among youth athletes in addition to their nutritional intake and dietary issues. Effective nutritional support methods for youth athletes are also the center of interest.



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