



Metabolic Adaptations to Diet and Physical Activity

Guest Editor:

Prof. Dr. Gregory C. Bogdanis

School of Physical Education and
Sports Science, National and
Kapodistrian University of
Athens, Athens, Greece

Deadline for manuscript
submissions:

closed (31 October 2020)

Message from the Guest Editor

Physical activity, ranging from low-intensity occupational or leisure-time movement to moderate- or high-intensity exercise, requires energy at different rates. These fluctuations in energy expenditure determine the contribution of lipid and carbohydrate metabolism and induce acute and chronic metabolic responses and adaptations which improve health and performance.

Diet includes not only the amount and quality of nutrients consumed daily by an individual, but also their manipulations aiming to promote weight loss, health, and physical performance.

Potential topics may include, but are not limited, to the associations between macronutrients and micronutrients intake (or manipulation), dietary patterns, and the entire spectrum of physical activity (from light to high-intensity exercise). The outcome variables may be health-related metabolic adaptations, including metabolic and body composition changes, hormonal responses, as well as molecular mechanisms responsible for metabolic adaptations.





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 (Nutrition and Dietetics)

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