



nutrients



an Open Access Journal by MDPI

Interaction of Nutrition and Exercise for Health Promotion and Exercise Performance Enhancement

Guest Editors:

Dr. Christoforos D. Giannaki

Department of Life and Health Sciences, University of Nicosia, Nicosia 2417, Cyprus

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 March 2023)

Message from the Guest Editors

Adopting a specific diet, accompanied by systematic physical activity or organized exercise training, is essential for maintaining and improving various aspects of wellbeing (e.g., physical, mental, and social health) in healthy and clinical populations. On the other hand, diet and exercise are crucial for exercise performance enhancement in athletes and people who are training regularly. This Special Issue aims to provide further evidence that exercise and diet may act synergistically for the promotion of health and the improvement of exercise performance. Emphasis will be given to the effect of promising and popular diets, such as time-restricted feeding, the Mediterranean diet, high-protein diets, low-carbohydrate diets, etc., combined with various forms of exercise, including high-intensity interval training, high-intensity functional training, and sprint interval training, as well as regular low-intensity exercise, such as walking.



mdpi.com/si/122423

Special *Issue*



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 (Food Science)

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