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Sport Nutrition Knowledge: Diet, Energy, Recovery and New Perspectives Related to Health and Performance

Guest Editors:

Prof. Dr. Luis Manuel Martínez Aranda

Faculty of Sports Sciences,
University Pablo de Olavide,
41013 Seville, Spain

Prof. Dr. Alejandro Martínez-Rodríguez

Department of Analytical
Chemistry, Nutrition and Food
Sciences, Faculty of Sciences,
University of Alicante, 03690
Alicante, Spain

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Message from the Guest Editors

Nutrition is an essential component in the sports context, and understanding its role in optimising performance and recovery is crucial. The term "performance nutrition" refers to the strategic management of dietary intake to maximise efficiency and endurance during physical activity. A proper and comprehensive understanding of specific nutritional requirements based on set goals and the discipline involved provides a foundation for designing dietary plans tailored to individual needs.

This Special Issue, entitled "Sport Nutrition Knowledge: Diet, Energy, Recovery and New Perspectives Related to Health and Performance", aims to present a comprehensive analysis that delves into the understanding of sports nutrition, providing valuable information for athletes, coaches and healthcare professionals seeking to optimise physical performance and recovery within the current knowledge in this field. In conclusion, new perspectives related to the incorporation of all the aforementioned elements into advanced nutritional strategies will be examined. Original research papers, clinical or study cases and literature reviews on exciting and novel topics are welcome.



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Special Issue



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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

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Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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