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Personalized Exercise and Sports Nutrition

Guest Editors:

Dr. Sílvia Rocha-Rodrigues

1. Instituto Politécnico de Viana
do Castelo, Escola Superior de
Desporto e Lazer, 4900-347 Viana
do Castelo, Portugal
2. Tumor & Microenvironment
Interactions Group, i3S, 4200-135
Porto, Portugal

Dr. José Afonso

Centre for Research, Education,
Innovation, and Intervention in
Sport, Faculty of Sport, University
of Porto, 4200-450 Porto,
Portugal

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Message from the Guest Editors

Dear Colleagues,

A novel methodological approach is shifting away from a universal one-size-fits-all into nutrition personalized for sports and exercise that respects interindividual variability. This approach is of utmost importance in applications relating to high-performance sports athletes, healthy populations, or individuals with specific conditions, such as obesity and related disorders, osteoporosis, elderly, cancer, pregnancy and post-partum, among others. In addition, the individual responses to exercise result from changes in expression of genes mediated specifically by exercise and the interaction between exercise, dietary intake, and genetic variation. This Special Issue entitled “Personalized Sports and Exercise Nutrition” comprises manuscripts with recent advances in the analysis and monitoring of individual responses to exercise and food and/or nutrients and/or supplements intake, as well as the novel applications of nutrigenetic, nutrigenomic, metabolomic, and microbiota profiling.



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Special Issue



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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

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

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