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Dietary Interventions on Sports Metabolism and Immunology

Guest Editors:

Prof. Dr. Jorge Pérez-Gómez

Dr. Hadi Nobari

Dr. Jason Cholewa

Prof. Dr. Katsuhiko Suzuki

Deadline for manuscript submissions:
closed (15 March 2022)

Message from the Guest Editors

It is now clear that athletes' performance and behavioral changes in competitions are directly affected by changes in their body metabolism. Dietary and ergogenic supplements have been added as an intervention in athletes' programs to manage fatigue from exercise and, in some studies, to make more accurate observations and express results more clearly. In this field, further studies are needed. As a result, this Special Issue will provide ideas on how to prevent these cases with nutritional interventions that coaches and athletes can use to improve performance in sports and competitions.

Authors are invited to submit their work, including original research, reviews, and meta-research, on important issues governing nutrition and performance in sports. Ultimately, the aims of this research topic are: to improve scientific knowledge of sports biochemistry and metabolism with nutrition used in athletes to prevent NFO and OTS; to increase evidence on immune system functions related to nutrient intake in order to prevent NFO and OTS; to increase awareness of nutrition-related animal laboratory studies with the aforementioned objectives.

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Editors-in-Chief

Prof. Dr. Lluis 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

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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Contact Us

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

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
𝕏@Nutrients_MDPI