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Dietary Practices, Body Composition and Sports Performance of Athletes

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Message from the Guest Editor

Athletes' dietary practice can have a multitude of impacts on body composition, sporting performance, training adaptations, and health. If it is optimal, the aforementioned factors change favorably, and this determines whether they win or lose. Whilst this is generally accepted, 1) the impact of dietary intake on sport performance is poorly understood, and 2) research has suggested that athletes perform sub-optimal nutrition practice.

In response, in this Special Issue, we invite research papers that investigate athletes' dietary practices and the impact this may on body composition and/or sports performance. Articles that also discuss interventions to modify dietary practice are of interest.



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Special Issue



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