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Sport Nutrition and Performance Strategies for the Female and Male Athletes/Performing Artist

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Message from the Guest Editor

This Special Issue of *Nutrients*, titled "Sport Nutrition and Performance Strategies for the Female and Male Athletes/Performing Artist", emphasizes the critical role of nutrition in athletes' and performing artists' performances, recovery, and overall well-being, irrespective of sex. This Special Issue seeks manuscripts exploring tailored nutritional strategies considering sex-specific differences, hydration and electrolyte balance optimization, evaluation of supplements and ergogenic aids, nutrition for injury prevention and recovery, specialized diets' implications for health and performance, nutritional requirements for youth athletes, body composition optimization, feeding and eating disorders, support for teams and athletes/performing artists with specific dietary needs, and emerging trends in sports nutrition research. Submissions should contribute to advancing our understanding of sport nutrition and performance strategies.



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Special Issue



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Message from the Editorial Board

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