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Sport Nutrition Knowledge of Athletes and Implications for Dietary Habits, Nutrient Status and Energy Availability

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Message from the Guest Editor

Dear Colleagues,

Dietary insufficiencies may contribute to a variety of conditions including relative energy deficiency in sport (REDs), female athlete triad, nutrient deficiencies, and a predisposition to injury and illness among athletes. REDs is underpinned by a continuous state of low energy availability and may contribute to a multifactorial state of physiological dysfunction including, but not limited to, menstrual dysfunction, impairments in metabolism, disruptions in bone health, reproductive health and cardiovascular health in both female and male athletes. Nutrition knowledge may play a causative role in the observed low energy and nutrient intakes among athletic populations, particularly among those without access to a dietician or nutrition resources to help facilitate positive dietary habits and food accessibility. Therefore, this Special Issue will publish manuscripts that examine the potential relationships and causative roles of nutrition knowledge, body image/dissatisfaction and access to nutritional resources in the development of REDs, or associated nutritional insufficiencies such as low energy availability and specific nutrient deficiencies.



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Special Issue



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