

Editorial

SYMPOSIUM - MACRONUTRIENT UTILIZATION DURING EXERCISE: IMPLICATIONS FOR PERFORMANCE AND SUPPLEMENTATION

The review articles constitute a mini-symposium entitled “Macronutrient Utilization During Exercise: Implications for Performance and Supplementation” that were recently presented at the 2004 annual conference of the International Society of Sports Nutrition in Las Vegas, NV. Much controversy often surrounds macronutrient intake, utilization, and subsequent metabolism regarding exercise and athletic performance. Furthermore, the role of macronutrient supplementation with the specific

intent of improving body composition and exercise performance by way of nutrient timing is also an important issue. As such, the articles provide a comprehensive overview of metabolic and performance-enhancing implications regarding carbohydrate, fat, and protein.

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