Regular physical training for sport or exercise stresses many of the metabolic pathways in which micronutrients are required, and may result in adaptations that increase the need for certain micronutrients. While athletes can generally meet micronutrient requirements through selection of a well-balanced diet containing a variety of vegetables, fruits, whole/minimally processed grains, protein-rich foods and dairy (if consumed), meeting individual needs can often be challenging. This is particularly the case when micronutrient needs are increased (due to elevated need or increased loss through sweat, urine or menstruation), and/or when energy intake or food variety is restricted. This session will discuss up-to-date information on the importance of micronutrients in health and performance, and review the micronutrients that are most commonly of potential concern for athletes and active individuals, which include iron, zinc, calcium, vitamin D, magnesium, iodine, vitamin B12 and folate. Strategies for meeting requirements for these and other nutrients will be discussed along with the latest information on how to assess the status of these nutrients and ij/when supplementation is needed. The session will also address why other micronutrients are of minimal concern despite target marketing of some micronutrients to active populations.