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the complete guide to sports nutrition is the definitive practical handbook for anyone wanting a performance advantage what you eat and drink are important considerations when it comes to maximising your sports performance whether you are a professional or amateur athlete or just enjoy regular workouts well chosen nutrition strategies can enhance your performance and recovery after exercise this ninth edition includes accessible guidance on the following topics maximising endurance strength performance and recovery how to calculate your

optimal energy carbohydrate and protein requirements advice on improving body composition the most popular sports supplements relative energy deficiency in sport red s and eating disorders hydration strategies to prevent hypohydration and overhydration specific advice for masters athletes young athletes and plant based athletes nutrition strategies to prepare for competition this fully updated and revised edition incorporates the latest cutting edge research and provides all the tools to help you reach your performance goals

food is the sustenance of life but while we understand that a secure supply of food has been affected by many factors over the course of history we do not often allow ourselves to entertain the idea that a lack of adequate food worldwide is a very real and dangerous possibility while soil degradation water distribution climate change populati

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the complete guide to sports nutrition is the definitive practical handbook for anyone wanting a performance advantage what you eat and drink are important considerations when it comes to maximising your sports performance whether you are a professional or amateur athlete or just enjoy regular workouts well chosen nutrition strategies can enhance your performance and recovery after exercise this ninth edition includes accessible guidance on the following topics maximising endurance strength performance and recovery how to calculate your optimal energy carbohydrate and protein requirements advice on improving body composition the most popular sports supplements relative energy deficiency in sport red s and eating disorders hydration strategies to prevent hypohydration and overhydration specific advice for masters athletes young athletes and plant based athletes nutrition strategies to prepare for competition this fully updated and revised edition incorporates the latest cutting edge research and provides all the tools to help you reach your performance goals

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this introductory level text explores both the basics of nutrition for healthy people and nutrition in the clinical setting describes how nutrition supports health including how to select foods and plan meals to meet the energy and nutrient needs of healthy adults and their families also discusses the impact that specific diseases and disorders have on nutrition status and how diet therapy can promote recovery

suitable for students studying nutrition but of equal value to others for whom nutrition is only part of a course this authoritative textbook covers every aspect of human nutrition and dietetics

details normal pediatric nutrition and growth and therapeutic pediatric nutrition with chapters on areas such as premature infants vegetarianism food hypersensitivities obesity developmental disability nutrition in burned patients and the use of herbs this second edition contains several new

the 9th edition of this nutrition classic present knowledge in nutrition published by the international life sciences institute press is hot off the presses in continuous publication since 1953 present knowledge in nutrition has been thoroughly revised and is an essential reference for inclusion on the bookshelves of dietitians physicians researchers food industry scientists educators students nutrition policy makers and other nutrition professionals

abstract an authoritative reference text for physicians and health care professionals presents 36 technical chapters regarding nutritional support in medical practice major emphasis is placed on various modalities of applied nutrition e g protein calorie malnutrition in hospital patients parenteral feeding private dietetic practice and on the application of nutrition to special clinical situations e g diabetes cardiovascular disease renal disease metabolic disorders infectious diseases obesity geriatrics surgery gastrointestinal diseases drug nutrient interactions neurological disease dental health promotion basic nutrition information is included for vitamins minerals and energy associated metabolic functions each chapter is followed by an extensive bibliography an introductory paper discusses the biological setting of modern nutritional sciences forty one reference data and informational tables are appended wz

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