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Nota di contenuto	1. Basic sports nutrition guidelines -- 2. Optimal eating for optimal training -- 3. Energy balance, body weight and body composition -- 4. Eating disorders and disordered eating -- 5. Supplements and ergogenic aids -- 6. Recipes for athletes and additional resources -- About the author -- Index.
Sommario/riassunto	The intent of this book is to provide science-based nutrition recommendations that will support optimal performance as well as promote the health and well-being of the athlete. The reader can expect an overview of sports nutrition fundamentals, including a breakdown of the macronutrient (carbohydrates, proteins, and fats), micronutrient, and hydration recommendations. Optimal quantity and timing of nutrient intake is also addressed. This information is then expanded upon through applied scenarios and strategies intended to help the reader develop individualized sports nutrition and hydration plans which implement recommendations within the context of busy schedules. This text also addresses weight management issues and how to best support athletes in achieving healthy weight gain or weight loss goals; disordered eating and eating disorders prevention, risks, signs, symptoms, and treatments among athletes; and risks and benefits of dietary supplements (including a helpful risk and application schemata for common dietary supplements); finally this text concludes with a chapter devoted to delicious and nutritious meal and snack recipes and a list of reputable resources for further reading. Ultimately

this text is intended to be a practical, meaningful, and applied sport nutrition resource for exercise professionals across a wide range of disciplines.
