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Autore	MacKay Jenny <1978->
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ISBN	1-4205-1110-6 1-4205-0939-X
Descrizione fisica	1 online resource (104 pages) : color illustrations
Collana	Nutrition and health
Disciplina	613.7/11
Soggetti	Athletes - Nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction: food comes first -- Food and the modern athlete -- Eating for strength and endurance -- Balancing a diet with micronutrients -- Mealtime for athletes -- Building an athlete's body -- Glossary -- For more information -- Organizations to contact -- About the author.
Sommario/riassunto	Examines the most current scientific studies and provides in-depth information on health issues and treatment for sports nutrition.