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Titolo	Fuel for sport : the basics // Abigail Larson
Pubbl/distr/stampa	New York, NY : , : Momentum Press, , [2016] ©2016
ISBN	1-60650-932-2
Edizione	[First edition.]
Descrizione fisica	1 online resource (xii, 92 pages) : illustrations
Collana	Health, wellness, and exercise science collection
Disciplina	613.2024796
Soggetti	Athletes - Nutrition Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (page [87]) and index.
Nota di contenuto	1. Energy content of food and label reading -- 2. Carbohydrates -- 3. Protein and amino acids -- 4. Fats -- 5. Micronutrients and phytonutrients -- 6. Fluids and hydration -- Bibliography -- Index.
Sommario/riassunto	This is a nutrition text designed to help readers understand and apply basic sports nutrition information. It emphasizes the unique needs and challenges of meeting those needs in adolescent athletes. The text is intended for coaches, athletic trainers, physical therapists, health and PE teachers, and others who interact with young athletes but is likely to appeal to athletes as well. Readers can expect to learn and understand theories related to nutrition and human performance, such as energy content of food and how this energy is transferred to the body and used for movement or stored for future use; the important roles of each of the macronutrients and micronutrients; and how fluids before, during, and after exercise facilitate optimal performance and recovery. In addition to important information related to exercise physiology and nutrient metabolism, readers are presented with real-world applications of these principles. The author often relates theories and principles to dietary recommendations and athletic scenarios. Understanding of each topic is also enhanced through liberal use of summaries, lists, and tables. Fuel for Sport presents up-to-date, sport-specific dietary and fluid recommendations and adopts a foods-first approach to meeting macro- and micronutrient needs; also included

are examples of convenient sources of the discussed nutrients as well as dietary strategies and ideas to implement recommendations.
