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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	1. Introduction to sports nutrition -- 2. Measurement of energy -- 3. Energy metabolism -- 4. The building blocks of sports nutrition: carbohydrate, protein, fat, and hydration -- 5. Athlete assessment -- 6. Meal planning for the athlete -- 7. Foods first, supplements second -- 8. Common nutrition concerns among athletes -- Glossary -- Index.
Sommario/riassunto	This book explores the relevance of sports nutrition for athletes and active individuals in a way that allows nutrition professionals to provide appropriate and consequential recommendations to this population. Energy, which is fundamental to the performing athlete, is defined and followed by a breakdown of energy measurement. In order to understand how energy is utilized by the working body, energy metabolism and its components are explained in a meaningful way. The concept of energy balance is introduced and is later followed up with practical recommendations for altering energy balance to assist athletes in meeting their energy and body composition goals. The macronutrients from which athletes obtain their energy--carbohydrate, protein, and fat--are described in detail, and the book includes information on food forms and metabolism. The book then offers applicable macronutrient recommendations that incorporate the timing of their intake relative to sport. There is a thorough explanation of the athlete assessment allowing the nutrition professional in gathering all relevant information to support proper meal planning and nutrient recommendations. Given the high usage of dietary supplements, this

book identifies dietary supplements most commonly employed by athletes and then breaks down the quality of science behind these supplements. Finally, this book addresses special issues of concerns of athletes, such as weight management goals, potential nutrient deficiencies, and specific dietary approaches, which may need special attention when working with these individuals. The ultimate aim of this book is that a nutrition professional working with this population is armed with the information necessary to provide practical and meaningful recommendations.

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