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Sommario/riassunto	This latest volume in the Encyclopaedia of Sports Medicine and Science, this book is the definitive comprehensive reference to nutrition as it relates to athletic performance. Leading experts from the fields of nutrition, sports science and sports medicine outline the current state of knowledge, from the biochemistry and physiology of eating to practical guidance for trainers, coaches, physicians and other professionals. Topics include weight management, supplements, and planning diets for optimal training and performance. This book is published in conjunction with the Medical Commis