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Descrizione fisica	1 online resource (282 p.)
Disciplina	613.7
Soggetti	Nutrition Sports - Physiological aspects Exercise - Physiological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction to sport and exercise nutrition -- The athlete's energy needs -- Laying the foundation of a good diet -- Carbohydrates -- Proteins -- Fats -- Vitamins and minerals -- Fluid balance -- Performance-enhancing (ergogenic) aids.
Sommario/riassunto	Food and drink choices before, during and after training and competition have a direct impact on health, body mass and composition, nutrient availability and recovery time, and an optimal diet can significantly improve exercise performance. Nutrition for Sport and Exercise outlines the fundamental principles of nutrition in relation to sport and exercise and then applies these principles through practical tools such as food and nutrient lists, recipes and menu options. This practical guide translates the athlete's goals into achievable strategies and shortens the gap between theory a