

6TH EDITION

SPORTS NUTRITION

A Handbook for Professionals

SPORTS, CARDIOVASCULAR, AND WELLNESS
NUTRITION DIETETIC PRACTICE GROUP

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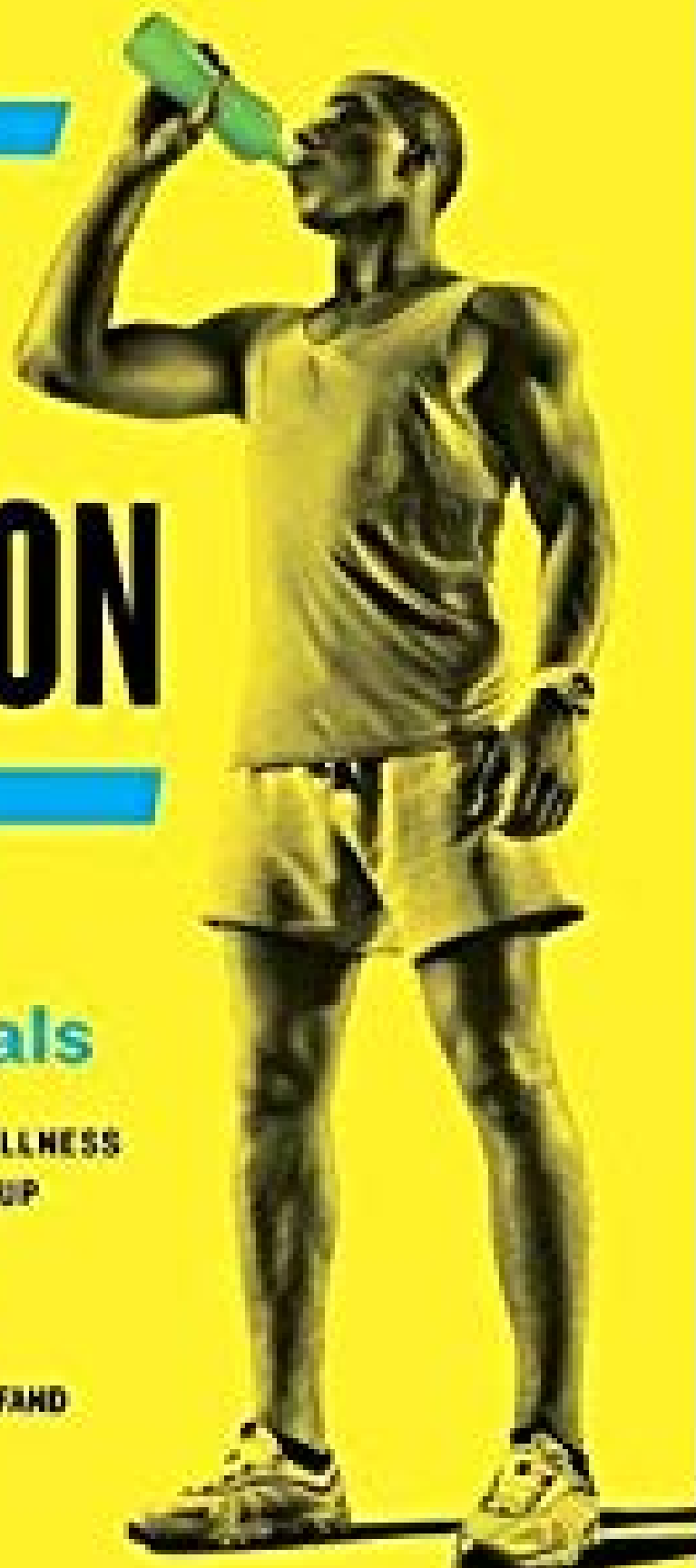
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Academy of
Nutrition
and Dietetics



Christine Karpinski;Christine A. Rosenbloom

Sports Nutrition: A Handbook for Professionals, Sixth Edition



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In the latest edition of Sports Nourishment, famous authors and dieticians Christine Rosenbloom, PhD, RDN, FAND and Christine Karpinski, PhD, RD, CSSD, LDN present updated research and evidence-based advice for medical researchers working with athletes at all amounts. Highlights include: -A detailed exploration of sports diet basics, including carbohydrates, protein, fat molecules, vitamins, minerals, liquids, electrolytes, and health supplements and how they relate with exercise -A section on sports activities nutrition evaluation and energy balance -Principles for all levels of athletes, including kid athletes, adolescent athletes, college athletes and college sports activities, elite athletes, vegetarian sportsmen, pregnant athletes, athletes with diabetes, and issues with eating disorders in sports athletes -Nutrition for endurance and ultraendurance sports -Diet for high-strength and intermittent sports -Detail nourishment for baseball, softball, basketball, cycling, running, swimming, track, figure skating, football, golfing, gymnastics, hockey, martial arts, bodybuilding, rowing, soccer, tennis, and wrestling -Completely revised overview of exercise physiology, including a description of training concepts -Strategies for a sports activities nutrition assessment with program of macronutrient and micronutrient recommendations -Updated population-specific and sports-specific recommendations, including brand-new and in-depth debate of considerations for various endurance events -Important concentrate on the scope of practice for sports RDNs Sports Diet is known as a fantastic text for sports nutrition courses and study aid for the CSSD specialty exam. This long-standing and famous reference for both the seasoned and novice sports dietitians thoroughly explores every area of nutrition for sports and fitness. This edition incorporates theoretical and useful information, designed for easy implementation in daily practice for peak athletic efficiency.



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Five Stars Great resource for experts in the performance nutrition industry. Research-based and ideal for building nutrition basics.



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