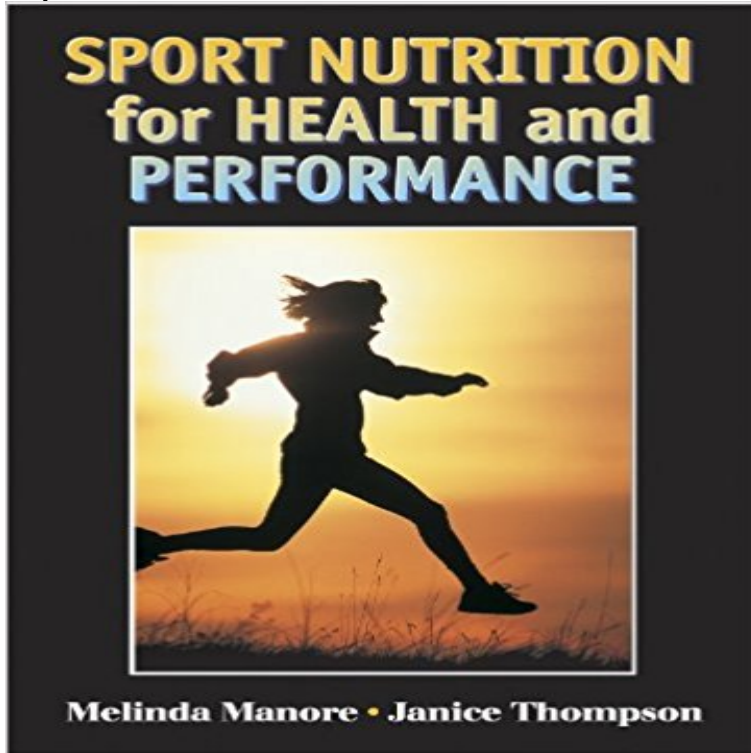


## Sport Nutrition for Health and Performance



Now, more than ever, there is an increased demand for accurate sport nutrition information. Proper nutrition helps athletes at all levels prevent injury, enhance recovery from exercise, achieve and maintain optimal body weight, improve daily training workouts, and maintain overall good health. However, keeping up with sport nutrition can be an overwhelming task and there is a vast amount of misinformation available. Sport Nutrition for Health and Performance is designed to sort fact from fiction and help students and practitioners obtain the knowledge they need to give sound advice to athletes and active individuals. As a reference, this text will keep practitioners on the cutting edge of exercise and nutritional science. Written by two of the leading authorities, Melinda M. Manore, PhD, RD, FACSM, and Janice L. Thompson, PhD, FACSM, this text combines the authors extensive backgrounds in nutrition, exercise physiology, and fitness to bridge the gap between scientific literature and practical application. Organized to promote learning, not memorization, the text combines micronutrients into functional groupings that provide an easy framework for understanding how these nutrients can influence exercise performance and good health. Each chapter has key points to be covered and ends with a summary stressing the important facts to assist in retention of the information. Chapter highlights give in-depth information on topics and critically evaluate issues surrounding myths or controversy in sport nutrition. Numerous charts, figures, and tables also provide useful information to improve understanding of difficult concepts and to help the student or practitioner make sound nutritional recommendations to athletes and physically active individuals. Sport Nutrition for Health and Performance is different from other texts and reference

books on the subject because the authors add the why behind the what to do. Both students and practitioners will benefit from this clear and comprehensive presentation of the information, as well as the practical integration of this research as it applies to counseling athletes.

```
if (typeof P === undefined) { } else { P.when(jQuery, ready).execute(function($){
  setTimeout(function(){
    if(msa.Vowels){
      var amzvowels = new msa.Vowels($,16,[ec2.images-amazon.com,ec3.images-amazon.com,ec5.images-amazon.com],5,WYVT45EKQ2JWP5PYQ32Z,[z-ec3.images-amazon.com,z-ak.images-amazon.com],images-na.ssl-images-amazon.com, [1820,3320,7470,14730],[1820B,3320B,7470B,14730B,1,2,3,4,5,6,7,8,9,10,14,15,17,18,19,20,21,22,23], 50,50, 100); amzvowels.initializeAndStart();
    }}, 8000));
  }
  window.ue_csm.cel_widgets = [
    { id: detail-bullets },
    { id: featurebullets_feature_div },
    { id: summaryContainer },
    { s: #revMHRL > DIV, id_gen: function(elem, index) { return custRev + (index + 1); } },
    { id: sims_fbt },
    { id: purchase-sims-feature },
    { id: session-sims-feature },
    { id: quickPromoBucketContent },
    { id: productDescription },
    { id: technicalSpecifications_feature_div },
    { id: prodDetails },
    { id: related_ads },
    { id: technical-data },
    { id: tagging_lazy_load_div },
    { id: consumption-sims },
    { id: moreBuyingChoices_feature_div },
    { id: product-ads-feedback_feature_div },
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    { id: vtpsims },
    { c: celwidget },
    { id: fallbacksessionShvl },
    { id: rhf },
    { id: unifiedLocationPopoverSelections }
  ];
  (function(a){var b=document.ue_backdetect;b&&b.ue_back&&a.ue&&(a.ue.bfini=b.ue_back.value);a.uet&&a.uet(be);a.onLdEnd&&(window.addEventListener?window.addEventListener(load,a.onLdEnd,!1):window.attachEvent&&window.attachEvent(onload,a.onLdEnd));a.ueh&&a.ueh(0,window,load,a.onLd,1);a.
```

```

ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.sp
lit?(b=a.ue_furl.split(.))&&b[0]&&a.ue.tag
(b[0]):a.ue.tag(nofls)))(ue_csm);    var
ue_pty=Detail,    ue_spty=Glance,
ue_pti=0873229398;    v
(function(g,h){function    d(a,d){ var
b={ };if(!e    !f)try{ var
c=h.sessionStorage;c?a&&(undefined!==(ty
peof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1 }ca
tch(g){e=1 }e&&(b.e=1);return    b}var
b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(
a=a.val,a    (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u
e_csm>window);    (function(b,c){ var
a=c.images;a&&a.length&&b.ue.count(tot
allImages,a.length)))(ue_csm,document);
(function(m,h){function    I(a){if(a)return
a.replace(/^\//s+    //s+$/g,)}function
x(a,e){if(!a)return { };a.m&&a.m[k]&&(a=a
.m);var    b=e.m    e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={ m:b,f:a.f    a.sourceURL
a.fileName    a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line    a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(),
name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack (a.err?a.err.stack:);b[y]=e[y]
c&&c.href    missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
erformance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.ld=0l.mxe))){l.ec++;l.ter.push(a);e=e
{ };var b=a[p]    e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z    l.ecf++;w(a, e)}}function
w(a,e){if(a){var    b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){ var
c={ };c[d]=b;try{ var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u

```

```

e_mid,sn:m.ue_sn,reqs:[c]),f=h1,n;if(n!=(
f[D]&&f[D](E,g)){ var      l;if(h[F]){ var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{ var
p;if(h[G]){ var      q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=1}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){}}else      m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h.console
{};d=g.error      g.log      s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):( d+): d+ )?.split(
).join(String.fromCharCode(92))),K=/.*@(
.*/d*/;x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e      (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection      a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm>window);
(function(c,d){function      g(a,b){for(var
c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a.getFeatureValue:func
tion(){return void 0!==(b 0)}}function
h(a,b,c){return{name:a.getFeatureValue:fu
nction(){return      b===c      0}}function
g(a,b){return{name:a.getFeatureValue:func
tion(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) )      ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) )      ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )

```

```
(function(g,b,h){function c(){var a;a=h.cookie.match(/session-id=(/[w//-]+)/);a=null!==a?a[1]:null;var b=ue_sid,c=Date.now?Date.now():(new Date).getTime();d[a](e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var k=sbk,f=csm;b=b.navigator.cookieEnabled?!0:!1;var e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&ue_sid&&(d[ue_sid]=1,e.attach(beforeunload,c),setInterval(c,1E3)))(ue_csm>window,document);ue_csm.ue.exec(function(e,f){var a=e.ue {},b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_previousURL).val;var c=f.location,b=b?b:c&&c.href?c.href.split(#[0]:void 0;c=(b)===a.ssw(CSM_previousURL).val;!c&&b&&a.ssw(CSM_previousURL,b);d=c?reload:d?intrapage-transition:first-view}elstd=unknown;a._nt=d},NavTypeModule)(ue_csm>window);var ue_mbl=ue_csm.ue.exec(function(e,a){function k(f){b=f {};a.AMZNPerformance=b;b.transition=b.transition {};b.timing=b.timing {}};if((f=a.webclient&&function===typeof webclient.getRealClickTime?a.cordova&&a.cordova.platformId&&ios===cordova.platformId?!1:!0:!1)&&b.tags instanceof Array){var c;c=-1!=b.tags.indexOf(usesAppStartTime)b.transition.type?!b.transition.type&&-1
```

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