Nutrition for Sport and Exercise: A Practical Guide

Hayley Daries
ISBN: 978-1-4051-5354-6
280 pages

Description

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 and practice. Equipping the reader to successfully implement dietary changes, this is an invaluable resource for athletes, sports physicians and undergraduate students of nutrition and sport and exercise science courses.

Special Features

- Dedicated chapters on the impact and relevance of specific nutrients and food groups
- Includes recipes and menu options
- Covers the area of sport and exercise nutrition with an evidence-based approach
- Concise and accessible, combining theory and practice

Table of Contents

Preface, vi
Acknowledgments, vii
Foreword, viii
Professor Timothy D Noakes

1 Introduction, 1

2 The Athlete’s Energy Needs, 13

3 Laying the Foundation of a Good Diet, 32

4 Carbohydrates, 58

5 Protein, 90

6 Fats, 115

7 Vitamins and Minerals, 144

8 Fluid Balance, 176

9 Performance-Enhancing (Ergogenic) Aids, 201

Appendix: Reference Values for Estimated Energy Expenditure, 216

Glossary, 218

Student Exercises, 223

Answers to Student Exercises, 233

References, 239

Internet Resources, 264

Index, 265

Companion website

This book is accompanied by a website: www.wiley.com/go/daries/nutrition

The website features: Student exercise and answers