

# Nutrition for Sport and Exercise



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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.

作者介绍:

Hayley Daries, MSc (Med), is a registered dietitian with 18 years of professional experience in the field of nutrition and sport. She has worked in South Africa and the United Kingdom, where she held positions such as consultant dietitian in London's Harley Street, senior lecturer at a leading university in Wales, and chief dietitian in the

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## 标签

Health

Food

## 评论

Typically a manual for athletes and any one interested in the nutritional requirements for sports. The book outlines the importance of nutrients to metabolism and to sports and prescribes the amount of a nutrient for the best performance.

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