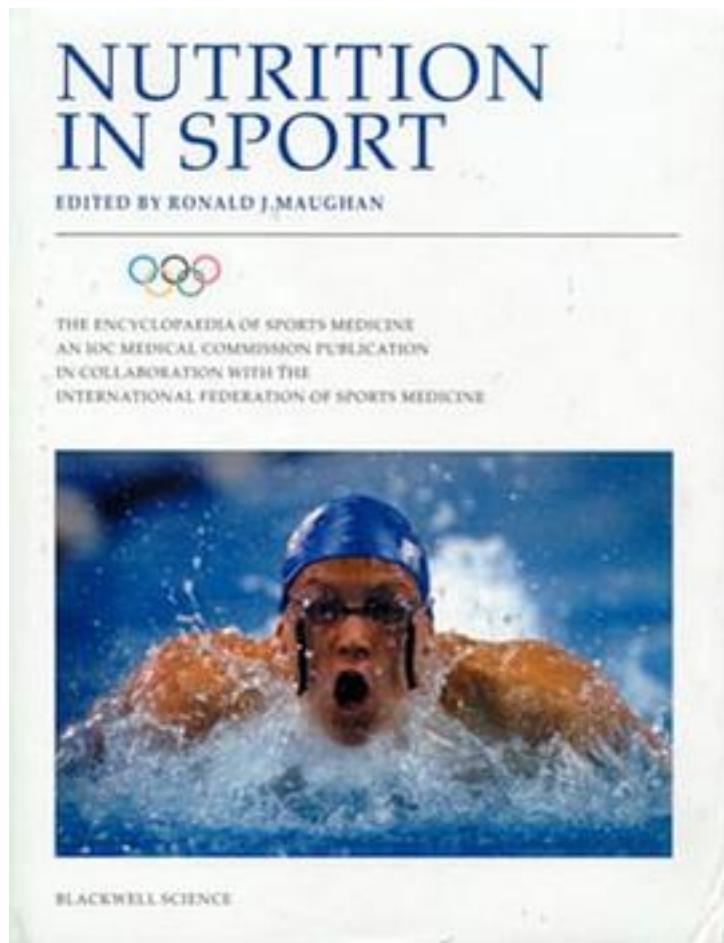


Nutrition in Sport



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出版者:

出版时间:

装帧:

isbn:9781841260037

The book makes recommendations for physiologically useful dietary planning before, during and after training in various sports. It also examines risk-prone groups in sports nutrition. The emphasis is on presenting the latest research on the effects of

carbohydrates and proteins and other active substances, such as vitamins and minerals, on performance training. Particular attention is paid to the intake of food and fluids under special conditions such as training in heat, in the cold and at high altitudes.

作者介绍:

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