This NS Textbook on Sport and Exercise Nutrition has been written to cover the latest information on the science and practice of sport and exercise nutrition.

A key concept behind this textbook is that it aims to combine the viewpoints of world leading nutrition experts from both academia/research and a practical standpoint. Plus where necessary there are additional practitioner based authors to ensure theory is translated into practice for each chapter in the form of either ‘practice tips’ or ‘information sheets’ at the end of relevant chapters.