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.

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.

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.

Publication Year: 2012
Edition: 1st
Author/Editor: Daries, Hayley
Publisher: Wiley
ISBN: 978-1-405-15354-6
Doody’s Star Rating®: ★★★ Score: 89
Doody Core Title: Score: 2.2 (Sports Medicine) Doody’s Essential Title
Platform: Ovid
Product Type: Book
Speciality: Nutrition & Dietetics, Sports Medicine
Language: English
Pages: 280
Illustrations: 0
Included In: Wiley Doody’s Core Titles Book Collection 2016, Wiley Doody’s Premier Titles Collection 2014