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Sports Nutrition: A Practice Manual for Professionals, Fifth Edition [New Resources for Nutrition Educators]. J Nutr Educ Behav. 2013;45:479.e5. Inclusion of any material in this section does not imply endorsement by the Society for Nutrition Education and Behavior. Evaluative comments contained in the reviews reflect the views of the authors.

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Sports Nutrition A Practice Manual for Professionals

Purpose: The book is designed as a go-to resource for professionals in the field of sports nutrition, and it also can be used as a textbook for a sports nutrition class. There are few sports nutrition resources that break down the facts and information the way that this book does.

Sports Nutrition: A Practice Manual for Professionals ...

The book functions as an ideal office reference for professionals involved with health/fitness/sports or as a text for undergraduate courses in sports nutrition or exercise science. Features: The manual is comprehensive in its coverage of the field.

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