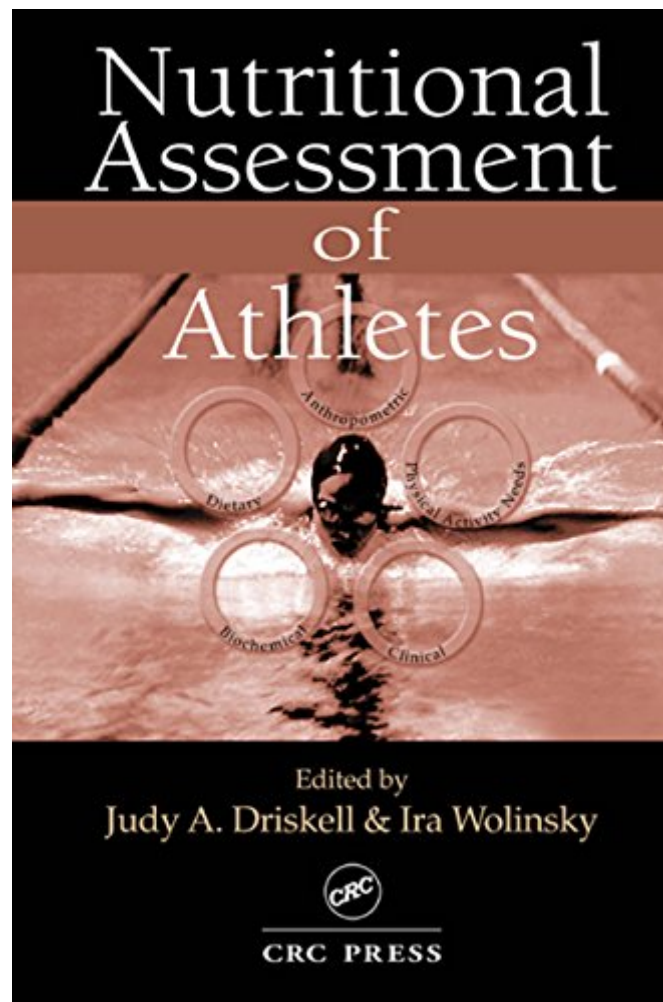


Nutritional Assessment of Athletes (Nutrition in Exercise and Sport) PDF



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Evaluating dietary intake, determining energy metabolism, and conducting other nutritional assessments are essential in understanding the relationships between diet, exercise, health, and physical performance, especially in athletes. The first comprehensive source on the subject, Nutritional Assessment of Athletes thoroughly examines these methods, discussing their advantages and limitations.

Extensively referenced and filled with numerous tables and figures, this timely book focuses on the nutritional assessment of both recreational and professional athletes, including children, adolescents, and adults. In one volume, it presents methods for all types of nutritional evaluations, including dietary, anthropometric, physical activity needs, biochemical, and clinical assessments.

Sports nutritionists, sports medicine and fitness professionals, researchers, students, health practitioners, and the educated layman will gain a better understanding of the relationship not only between diet and health, but also between diet and physical status of athletes.

Nutritional Assessment of Athletes (Nutrition in Exercise and Sport) Review

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