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Nancy Clark's Sports Nutrition Guidebook by Nancy Clark

Nancy's "how to" books on nutrition for sports and exercise, including her best selling "Nancy Clark's Sports Nutrition Guidebook" and her food guides for new runners, marathoners, soccer players and bicyclists, are popular resources. They include tips on daily eating and how to effectively lose weight.

Nancy Clark RD - Sports Nutritionist & Author

After reading Nancy Clark's Sports Nutrition Guidebook, the participant will be able to: 1. Understand the three important keys to eating, namely variety, wholesomeness, and moderation. 2. Be able to discuss the Food Guide Pyramid in terms of number of servings and serving size. 3.

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