

Nutrition For Sport And Exercise 2nd Edition

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WAVE Sport Nutrition Curriculum. Oregon State University Extension Service. The WAVE Sport Nutrition Curriculum uses youth's interest in sports to teach them about healthy eating and hydration to fuel a healthy, active body for life.

Eating for Exercise and Sports | Nutrition.gov

Nutrition for sport and exercise . Print Email Page 1 of 7. We should all aim to eat a healthy, varied diet based on the principles of the Eatwell Guide, which matches our energy needs. This advice still applies when taking part in regular physical activity, such as going to the gym, swimming, running, cycling or team sports.

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Nutrition for Sport and Exercise. We should all be aiming to look after and nourish our bodies, and food and nutrition of course has a huge role to play in this. We also need to be mindful of the fact that we should be eating to match our energy needs, particularly if you are very active.

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