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Sports Nutrition

Kary Woodruff

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Sports Nutrition Kary Woodruff
This book explores the relevance of sports nutrition for athletes and active individuals in a way that allows nutrition professionals to provide appropriate and consequential recommendations to this population. Concepts of energy metabolism and energy balance are addressed and the book offers applicable macronutrient recommendations that incorporate the timing of their intake relative to sport. There is a thorough explanation of the athlete assessment allowing the nutrition professional in gathering all relevant information to support proper meal planning and nutrient recommendations. Given the high usage of dietary supplements, this book identifies dietary supplements most commonly employed by athletes and then breaks down the quality of science behind these supplements. Finally, this book addresses special issues of concerns of athletes, including weight management, potential nutrient deficiencies, and specific dietary approaches. The ultimate aim of this book is that a nutrition professional working with population is armed with the information necessary to provide practical and meaningful recommendations.

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