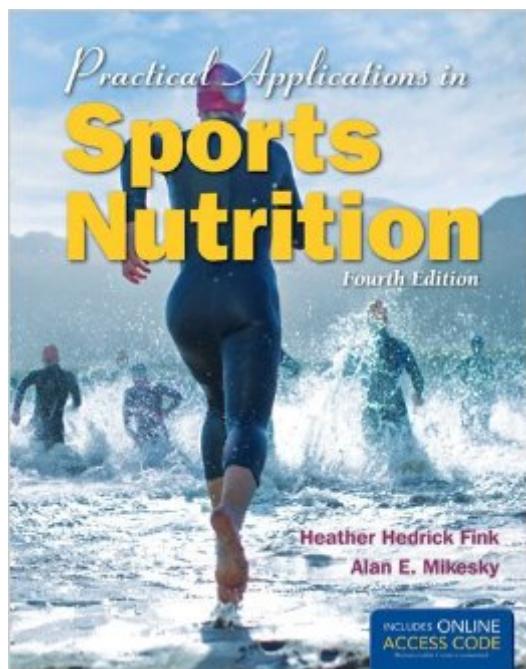


The book was found

# Practical Applications In Sports Nutrition



## **Synopsis**

Revised and updated to keep pace with the growing changes in the field, the Fourth Edition of Practical Applications in Sports Nutrition provides students and practitioners with the latest sports nutrition information and dietary practices, and prepares them to assist athletes and fitness enthusiasts in achieving their personal performance goals. Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients, micronutrients, and water and their relation to athletic performance. Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management. Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant, vegetarian, or have chronic diseases. The text concludes with a chapter dedicated to helping readers discover the pathway to becoming a sports dietitian through education and experience. New to the Fourth Edition: • New discussion of sports nutritionists as evidence-based practitioners • Current MyPlate food group recommendations • Revised discussion of the relationship between current body weight and carbohydrate intake, as well as the types and the amounts of carbohydrates that should be consumed during exercise • New Food For Thought callouts identify related material in Sports Nutrition Workbook and Assessments • Updated statistics, guidelines, and regulations found throughout the text, including obesity statistics, carbohydrate intake and vitamin needs.

## **Book Information**

Paperback: 550 pages

Publisher: Jones & Bartlett Learning; 4 edition (December 11, 2013)

Language: English

ISBN-10: 1284036693

ISBN-13: 978-1284036695

Product Dimensions: 1 x 8.8 x 11 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars (See all reviews) (8 customer reviews)

Best Sellers Rank: #39,689 in Books (See Top 100 in Books) #23 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Sports Medicine #34 in Books > Medical Books > Medicine > Sports Medicine #438 in Books > Health, Fitness & Dieting > Nutrition

## **Customer Reviews**

Purchased this for a college class, has lots of useful info I will use for years to come!!

I had to purchase this for a college class. It is the only one of my textbooks I plan to resell immediately. The underlying message is carbs, carbs, carbs - even if they're refined, nutritionally devoid carbs. This book promotes MyPlate, artificial sweeteners, pasteurized skim milk and fruit juice, refined carbohydrates and sugar. If you believe those things are healthful, you may like this book. The sample menus are extremely lacking in phytonutrients from vegetables and sulfur-rich foods to help the body detoxify. If you want/need to avoid gluten, dairy, soy or refined sugar, the sample menus in the book will be of no help. Thus, If you have any food allergies or sensitivities or you want a more holistic, functional approach to nutrition that doesn't promote diabetes and brain deterioration, I recommend finding another book.

Expensive book! so expensive, but detailed, got it for class.

Exactly what I needed and it was like new.

[Download to continue reading...](#)

Practical Applications In Sports Nutrition Nutritional Foundations and Clinical Applications: A Nursing Approach, 5e (Foundations and Clinical Applications of Nutrition) Football: How It Works (The Science of Sports) (The Science of Sports (Sports Illustrated for Kids)) Sports Illustrated For Kids Year In Sports 2007 (Scholastic Year in Sports) Feline Nutrition: Nutrition for the Optimum Health and Longevity of your Cat Battling Lung Cancer With Nutrition (Battling Cancer With Nutrition) (Volume 2) Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) Krause's Food & the Nutrition Care Process, 14e (Krause's Food & Nutrition Therapy) Nutrition and Diet Therapy (Nutrition & Diet Therapy) Williams' Basic Nutrition & Diet Therapy, 15e (Williams' Essentials of Nutrition & Diet Therapy) Nutrition Essentials and Diet Therapy, 11e (Nutrition Essentials and Diet Therapy (Peckenpau)) Nutrition and Diagnosis-Related Care (Nutrition and Diagnosis-Related Care ( Escott-Stump)) Williams' Essentials of Nutrition and Diet Therapy, 10e (Williams' Essentials of Nutrition & Diet Therapy) Manual of Medical Nutrition Therapy: A Nutrition Guide for Long Term Care in Louisiana Nutrition Counseling Skills For The Nutrition Care Process International Dietetics & Nutrition Terminology (IDNT) Reference Manual: Standardized Language for the Nutrition Care Process Nutrition Care of the Older Adult: A Handbook of Nutrition throughout the Continuum of Care Academy of Nutrition and Dietetics Pocket Guide to Nutrition Assessment Nutrition for a Healthy Mouth (Sroda, Nutrition for a Healthy Mouth) Modern Nutrition in Health and Disease (Modern Nutrition in Health & Disease (Shils))

[Dmca](#)