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## Sports and Exercise Nutrition

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Lippincott Williams & Wilkins, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Introduction PART I: Food Nutrients: Structure, Function and Digestion, Absorption, and Assimilation The Macronutrients The Micronutrients and Water Digestion and Absorption of the Food Nutrients PART II: Nutrient Bioenergetics in Exercise and Training Nutrient Role in Bioenergetics Macronutrient Metabolism in Exercise and Training Measurement of Energy in Food and During Physical Activity PART III: Optimal Nutrition for the Physically Active Person: Making Informed and Healthful Choice Nutritional Recommendations for the Physically Active Person Nutritional Considerations for Intense Training and Sports Competition Making Wise Choices in the Nutrition Marketplace PART IV: Thermoregulation and Fluid Balance During Heat Stress Exercise Thermoregulation, Fluid Balance, and Rehydration PART V: Purported Ergogenic Aids Pharmacologic and Chemical Ergogenic Aids Evaluated Nutritional Ergogenic Aids Evaluated PART VI: Body Composition, Weight Control, and Disordered Eating Behaviors Body Composition Assessment and Sport-Specific Observations Energy Balance, Exercise, and Weight Control Disordered Eating Appendix A Nutritive Values for Common Foods, Alcoholic and Nonalcoholic Beverages, and Specialty and Fast-Food Items Appendix B Energy Expenditure in Household, Occupational, Recreational, and Sports Activities Appendix C Assessment of Energy and Nutrient Intakes: Three-Day Dietary Survey Appendix D Body Composition Assessment Appendix E...

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