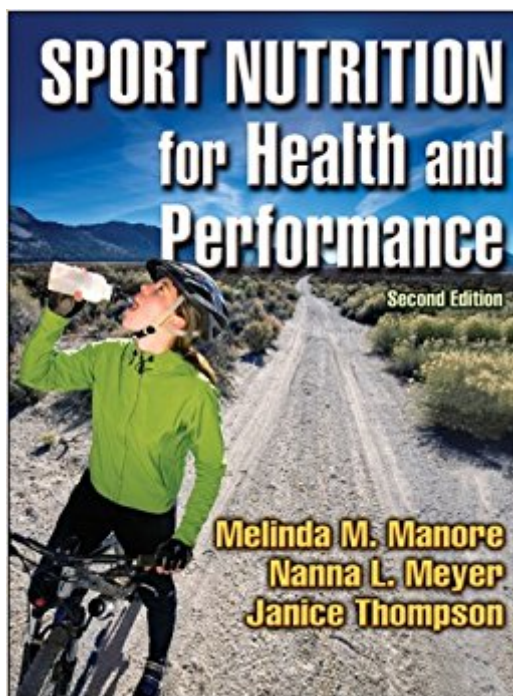


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# Sport Nutrition For Health And Performance - 2nd Edition



## Synopsis

Sport Nutrition for Health and Performance, Second Edition, will help students and practitioners understand the function of the nutrients in the body and how these nutrients affect health and athletic performance. The authors present clear, comprehensive, and accurate nutrition information that may be applied to a variety of careers. The text provides students with practical knowledge in exercise and nutrition science, and it keeps practitioners on the cutting edge of current research and practices in the field. Using the authors' extensive backgrounds in nutrition, exercise physiology, and fitness, the text combines micronutrients into functional groupings to provide an easy framework for understanding how these nutrients can influence exercise performance and good health for both athletes and active individuals. This unique presentation allows readers to fully understand why proper nutrition helps athletes prevent injury, enhance recovery, improve daily workouts, and maintain optimal health and body weight. This second edition has been thoroughly revised and updated to reflect the latest issues, guidelines, and recommendations for active individuals. Chapters dealing with macronutrients and micronutrients have been entirely rewritten, and all chapters have been revised to reflect the latest Dietary Reference Intakes, USDA Food Guide Pyramid, Food Pyramid for Athletes, Dietary Guidelines for Americans, and physical activity recommendations from various organizations, including the 2008 Physical Activity Guidelines by DHHS. Following are some of the current topics discussed in the text:

- Carbohydrate recommendations for athletes before, during, and after exercise
- Protein requirements of athletes based on the latest research
- Updated evaluation of the fat needs of athletes and the role of fat loading
- An evidence-based reexamination of various diets and techniques used for weight loss
- New research on body composition assessments and standards
- The latest on controversial nutrition issues such as the role of protein, vitamin D, and energy in bone health and new criteria for assessing bone health in young adults
- New nutrition and fitness assessments, questionnaires, and methods for measuring energy expenditure
- Updated information on various topics such as the issues of the active female, ergogenic aids, energy balance, and fluid balance

Sport Nutrition for Health and Performance, Second Edition, has also been improved with an attractive two-color format, new artwork, and a slimmer design that allows the text to maintain the content while reducing the "backpack bulge."

- The text also includes an online image bank that instructors may use to create customized PowerPoint presentations using artwork, tables, and figures from each chapter.

In addition, a variety of features help readers comprehend the material presented, including chapter objectives, key concepts and key terms, additional information to learn more about a topic, and references. Chapter highlights provide in-depth information on topics and

critically evaluate issues regarding myths and controversies in sport nutrition. This book provides readers with clear, authoritative content that will help them understand the scientific basis of nutrition and make sound recommendations in their careers. With up-to-date content based on current guidelines, *Sport Nutrition for Health and Performance*, Second Edition, is an outstanding text for both students and practitioners concerned with achieving good health and maximizing performance.

## Book Information

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## Customer Reviews

“This informative book provides excellent explanations, especially of the metabolism of carbohydrate, fat, and protein in exercise.” --Doody's Book Review, 5-star review

Melinda M. Manore, PhD, RD, CSSD, FACSM, is a professor in the department of nutrition and exercise sciences and a nutrition specialist in extension at Oregon State University. She has taught and conducted research in nutrition and exercise for more than 25 years. She is a highly regarded researcher, particularly in the nutrition needs of active women, and has written more than 60 research articles, 6 books, 20 book chapters, and numerous nutrition articles for health and nutrition professionals. Dr. Manore is a member of several editorial boards of nutrition and exercise journals. She is a member of the American Dietetic Association (ADA) and several organizations within the ADA, including Sports Dietetics USA, Weight Control, the research practice groups, and Sports, Cardiovascular, and Wellness Nutritionists (SCAN). She is a member of the American Society of

Nutrition, the American College of Sports Medicine (where she is a fellow), and the Obesity Society. She is also a founding member of Professionals in Nutrition for Exercise and Sport (PINES) and on the academic advisory board for the International Olympic Committee (IOC) diploma in sports nutrition. Dr. Manore is a certified specialist in sport dietetics (CSSD) from ADA. In 2001, she received an Excellence in Practice Award from the ADA. In her leisure time, Dr. Manore enjoys hiking, walking, gardening, birding, and cooking. Nanna Meyer, PhD, RD, CSSD, is an assistant professor in health sciences at the University of Colorado. She has been working in sport nutrition as a scientist, clinician, and educator since 1997. She developed the sport dietetics emphasis degree at the University of Utah and is working on a new graduate program (to be launched in fall 2009) at the University of Colorado at Colorado Springs. Her primary research areas are the female athlete triad and nutritional issues in Olympic athletes. She also leads Professionals in Nutrition for Exercise and Sport (PINES), an international group that advances the field of study. Dr. Meyer has been a member of the American College of Sports Medicine since 1992 and is a member of various other professional organizations, including Sports Dietetics USA and Sports, Cardiovascular, and Wellness Nutritionists (SCAN). In 2000, she received a scientific prize for a presentation on nutrition for winter sports at the International Congress on Skiing and Science. In her spare time, Dr. Meyer, who was a member of the Swiss ski team, likes to cross-country ski, alpine ski, run, cycle, and hike. She also enjoys modern art, reading, and writing. Janice L. Thompson, PhD, FACSM, is a professor of public health nutrition and head of the department of exercise, nutrition and health at the University of Bristol in the United Kingdom. She has spent more than 20 years conducting research and teaching at universities in areas related to nutrition, public health, exercise, and sport nutrition. In addition to coauthoring the first edition of Sport Nutrition for Health and Performance, she has authored three other textbooks on nutrition with Dr. Manore. Dr. Thompson serves as the vice president of the American College of Sports Medicine and is a fellow of that organization. In 1997 she received an Excellence in Undergraduate Teaching Award from the University of North Carolina at Charlotte. In her leisure time, Dr. Thompson enjoys hiking, yoga, and cooking.

Great condition!

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