



Nutrition for Sports and Exercise (Healthy Eating: A Guide to Nutrition) (Healthy Eating, a Guide to Nutrition)

Lori A. Smolin, Mary B. Grosvenor

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The human body needs the right "fuel" in the form of nutritious foods and sufficient fluids to perform optimally. For the athlete or exercise enthusiast, the balance of nutritious foods and proper hydration is critical for peak performance and overall health. *Nutrition for Sports and Exercise, Second Edition* introduces readers to the science of nutrition for athletes and sports buffs. The book explores the dangers that athletes may face when they neglect their nutritional needs and provides valuable information about how athletes can best achieve optimal nutrition.

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