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The Complete Guide to Sports Nutrition: How to Eat for Maximum Performance

Anita Bean

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The Complete Guide to Sports Nutrition: How to Eat for Maximum Performance Anita Bean
"Ideal for those who want to enhance performance and boost energy levels." -Health and Fitness

"A really excellent manual." -Coaching News (UK)

Clearly written, accessible, thorough, here is the latest edition of the manual that athletes have been turning to for years. From one of Britain's most respected sports nutritionists, The Complete Guide to Sports Nutrition provides cutting-edge information to help any athlete succeed:
- Maximize endurance, strength, and performance
- Calculate your own calorie needs and carbohydrate and protein requirements
- Improve body composition and maintain hydration
- Assess and rate sports supplements and ergogenic needs
- Specific advice for women
- Vegetarian eating
- 30 eating plans to cut body fat, gain muscle, and prepare for competition

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