

Basic Foundation of Nutrition for Sports Performance



Front Matter



1: An Introduction to the Athlete's Nutrient and Diet Basics



2: The Athlete's Diet Basics and Tools



3: Digestion and Absorption



4: Metabolism and Energy



5: Carbohydrate Basics - The Athlete's Energy Powerhouse



6: Lipids Basics - Another Energy Source for the Athlete



7: Protein Basics - The Athlete's Structure Builder



8: Vitamin and Mineral Basics - Metabolic Regulators



9: Fueling the Athlete



- 10: Hydration and Thermoregulation for Athletes



- 11: Sports Driven Nutrition



- 12: Body Composition and Maintaining, Gaining, and Losing Weight



- 13: Supplements



- 14: Selective Topics- Anemia



- 15: Selective Topics - Alcohol



- 16: Selective Topics - Vegetarian



- 17: Selective Topics - Athletic Needs throughout the Lifespan



- 18: Selective Topics - Female Athlete Triad



- 19: Selective Topics - Diabetic Athlete



- 20: Selective Topics - Disabled Athlete



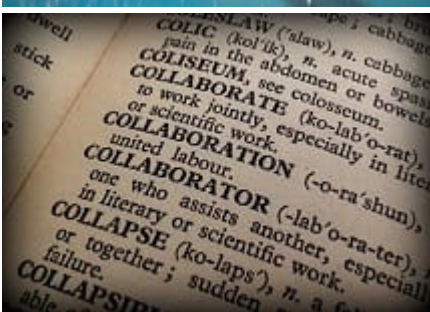
- 21: Selective Topics - Nutrition for Sports Injury



- 22: Selective Topics - Nutrition Consulting



- 23: Putting It All Together



- Back Matter

Thumbnail: Photographic reflections of Australian swimmer Daniel Bell in action during Day 03 of the 2000 Sydney Paralympic Games. (CC BY-SA 3.0; Australian Paralympic Committee/Australian Sports Commission).

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