



# **Sports Nutrition: Energy Metabolism and Exercise (Nutrition in Exercise & Sport)**

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# Sports Nutrition: Energy Metabolism and Exercise (Nutrition in Exercise & Sport)

New material on the estimation of energy requirements

Various chapters examine the active body's need for energy-yielding carbohydrates, lipids, and proteins. The book also considers laboratory methods for determining the energy expenditure of athletes as well as unique assessment methods used to measure activity in the field. In addition, the text considers important physiological aspects of energy metabolism such as body weight regulation, and examines variances necessitated by gender and age.

Based on rigorous research, this readable work offers sound advice for all those concerned with the proper nourishment of the active body. Nutritionists, trainers, exercise physiologists, and athletes themselves will find much food for thought on nutrition science, as well as practical guidance in determining the ingredients required to maximize training.

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