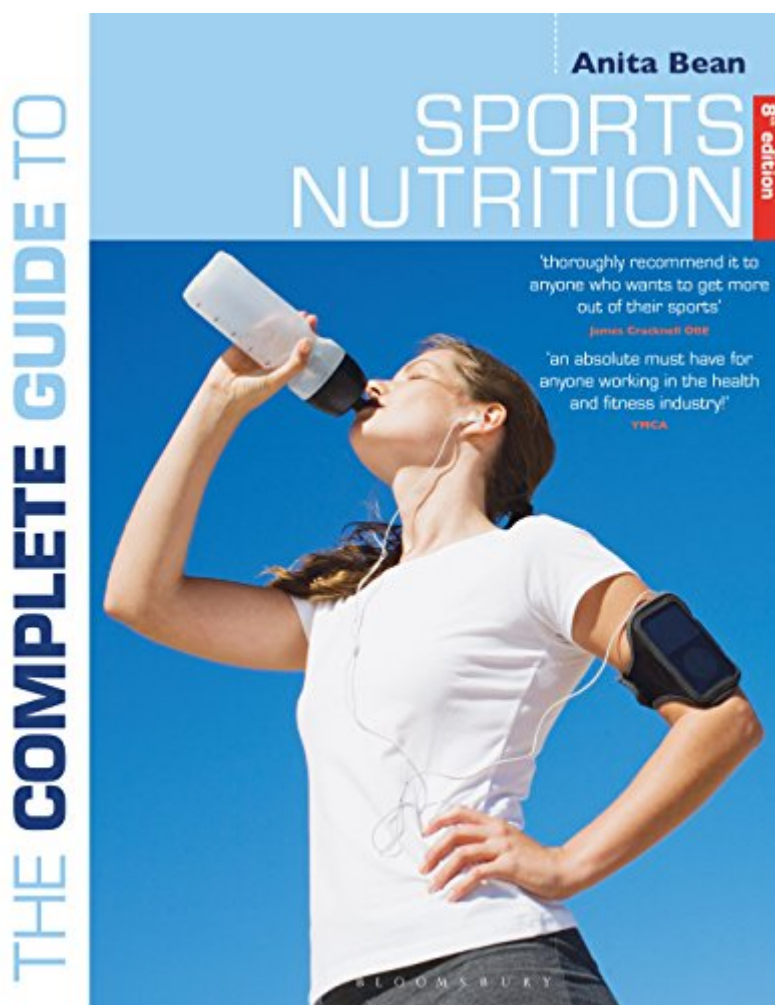


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# The Complete Guide To Sports Nutrition: 8th Edition (Complete Guides)



## Synopsis

The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. This fully updated and revised edition incorporates the latest cutting-edge research. Written by one of the country's most respected sports nutritionists, it provides the latest research and information to help you succeed. This eighth edition includes accessible guidance on the following topics: maximising endurance, strength and performance how to calculate your optimal calorie, carbohydrate and protein requirements advice on improving body composition specific advice for women, children and vegetarians eating plans to cut body fat, gain muscle and prepare for competition sport-specific nutritional advice.

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## Customer Reviews

This is really good manual for practical use. It is easy to understand what and when to eat for best result. Recommended for everybody

Great book

This the best book on sports nutrition I have read so far. this book is for those who want to equip themselves with knowledge and get the best out of their physique. This book has amazing section....it tells us what to eat ...when to eat.....how to eat (recipes)...tells you which latest supplements that work and without promoting any brand.....the book seems to be clean as it seems not to have funded by any supplement manufacturer...It is a must for those who have partial or no knowledge about nutrition.....It is a also good learning once again for those who have very good knowledge....Amazing and a must.....

I had high hopes for this book having something new to offer. I've read a lot of books on the subject and found nothing new that can't be found on the internet for free. The author is also from Europe and her constant reference to kg vs. lbs. is somewhat annoying. Not her fault mind you, just annoying for American readers. I am not saying that the author's book is bad, just the same old information that's been around for years. If you're serious about sports nutrition I suggest you read Sports & Exercise Nutrition by William D. McArdle. Its a college textbook that offers a strong insight into nutrition. Some may find the book too technical, but how else can you understand the science behind such a scientific topic. Good luck.

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