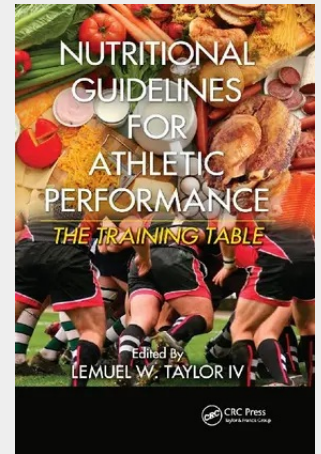


Nutritional Guidelines for Athletic Performance

Basic nutrition requirements and proper training are the two most important factors for athletes to achieve peak performance levels. This volume addresses these needs on a comprehensive basis from a training table perspective. Offering practical guidelines for practitioners and athletes, the book focuses on the key macronutrients that fuel daily metabolism and exercise training, and explores differing needs for various athletes and their individual goals. It discusses how to determine body weight for a desired body fat percentage, recommended calorie consumption, dietary suggestions, and useful meal planning tools for a wide variety of caloric needs.

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