

Nutrition For Sport And Exercise 2nd Edition

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Nutrition for sport and exercise; Nutrition for sport and exercise . Print Email Page 2 of 7. Foods for fuel and exercise. Carbohydrates. The main role of carbohydrates is to provide energy. When they are digested, carbohydrates are broken down into glucose to provide readily available energy for the body to use quickly and effectively ...

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The International Journal of Sport Nutrition and Exercise Metabolism (IJSNEM) publishes original scientific investigations and scholarly reviews offering new insights into sport nutrition and exercise metabolism, as well as articles focusing on the application of the principles of biochemistry, physiology, and nutrition to sport and exercise.The journal also offers editorials, digests of ...
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Nutrition for sport and exercise; Nutrition for sport and exercise . Print Email Page 3 of 7. Protein. Protein is also important for health and physical activity. The main role of protein in the body is for growth, repair and maintenance of body cells and tissues, such as muscle.

Nutrition for Sport and Exercise by Marie Dunford
Insightful, well-organized, and clearly written, NUTRITION FOR SPORT AND EXERCISE, 2nd Edition integrates nutrition and exercise physiology principles, emphasizing scientific reasoning and examining research studies to illuminate the evidence for current nutritional recommendations. The authors carefully illustrate the connections between exercise, nutrition, and, the ultimate goals--optimal ...
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