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Understanding Nutrition by Ellie Whitney

The text includes updated protein recommendations for athletes and a table of food sources, a discussion of dietary nitrate as an ergogenic aid, a section on glucose use during physical activity, and other weighty matters.

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RDA, 10th Edition - Chapter 3 . Jequier E, Acheson K, Schutz Y: Assessment of energy expenditure and fuel utilization in man. *Ann Rev Nutr* 1987; 7: 187-208. *Proteins and Amino Acids : Food Science, Nutrition and Health, Fox & Cameron - Chapter 9. FAO/WHO Technical Report #724 - Chapters 5 and 6. RDA 10th Edition - Chapter 6. Lipids*

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Wardlaw's PERSPECTIVES IN Nutrition

WARDLAW'S PERSPECTIVES IN NUTRITION Updated with 2015-2020 Dietary Guidelines for Americans, TENTH EDITION Published by McGraw-Hill Education, 2 Penn Plaza, New York, NY 10121.

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pyramid was revised completely.

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