



# The Complete Guide to Sports Nutrition

*Anita Bean*

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## **The Complete Guide to Sports Nutrition** Anita Bean

The complete guide to sports nutrition is the essential practical handbook for the sportsperson wanting to achieve their best. This full-color edition features the latest in sport nutrition science and information including:

- Guidance on maximizing endurance, strength and performance
- How to calculate your optimal carbohydrate calorie and protein requirements
- Smart advice on improving body composition and maintaining hydration
- Expert guidance on the best foods for performance, the latest supplements and ergogenic aids
- Eating plans to reduce body fat, gain muscle, and prepare for competition
- Specific advice for women, children and vegetarians
- New information on the principles of sports nutrition.

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