



Nutritional Assessment of Athletes, Second Edition (NUTRITION IN EXERCISE AND SPORT)

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Nutritional assessment is a key to determining the health and performance efficiency of professional, collegiate, and recreational athletes. Expanded to include new chapters, the second edition of **Nutritional Assessment of Athletes** examines the dietary, nutritional, and physical needs of athletes and describes critical biochemical and clinical assessment factors.

Reflecting growing evidence on the importance of hydration and fluid replacement on physical performance, this edition includes a new chapter on this topic, as well as a new chapter on nutrigenomics and the molecular aspects of physical performance and nutritional assessment.

The book gives detailed descriptions of the methods utilized in collecting assessment data and discusses the advantages and limitations of each method. It also summarizes evidence-based practical information relating to nutritional assessment of athletes.

This volume is a valuable resource for nutritionists, dietitians, exercise scientists, coaches, trainers, and physicians, as well as athletes who wish to improve their performance.

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