



The Complete Guide to Food for Sports Performance: Peak Nutrition for Your Sport

Dr. Louise Burke, Greg Cox

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A substantially revised and updated edition of the highly respected guide to using nutrition as an integrated part of an athlete's total performance-enhancing package

Whatever the sport, it is essential for an athlete to have his or her body working at peak efficiency and this book presents nutrition as an integrated part of an athlete's regimen. Training should provide maximum benefit and the athlete should achieve peak performance, and in this guide, general nutrition and exercise physiology information are converted into a plan for day-to-day practice for training and competition preparation. It outlines important differences in nutritional needs for different sports, including the timing of food and liquid intake, and the best foods to achieve maximum energy output. Case studies and discussions of typical dietary problems are included, enabling athletes and coaches to tailor a diet uniquely suited to individual needs, including the need for weight gain or loss. Until an athlete understands the relationship between nutrition and performance, they cannot manage a total program effectively. When everyone in a given competition is highly talented, highly trained, and highly motivated, nutrition will provide the winning edge.

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