

(eBook Free) Nancy Clark's Sports Nutrition Guidebook by Nancy Clark

Nancy Clark's Sports Nutrition Guidebook

By: Nancy Clark

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Boost energy, lose fat, build muscle, and improve your performance with the best-selling nutrition guide for active people! In Nancy Clark's Sports Nutrition Guidebook, you'll get real-world advice from an internationally respected and trusted sports nutritionist. You'll find the latest research and information on what to eat before, during, and after exercise; sport drinks and energy foods; popular trends like keto and gluten-free diets; when and how much carbohydrate to eat; meal patterns that fit your training schedule; sustainability; and digestive issues. You'll learn practical tips regarding vegan, diabetic, gluten-free, low-FODMAP, and bariatric diets. You'll also find help for athletes with anorexia and binge-eating disorders. You'll learn how to resolve confusion about what to eat on a daily basis so you can make healthy and informed dietary decisions for yourself and your busy family. Clark's practical suggestions for eating on the go will help you make good choices in any restaurant, cafe, drive-through, or convenience store. Learn what to eat before and during exercise and events, how to refuel for optimal recovery, and what athletes need to know about relative energy deficiency in sport (RED-S). With 89 family-friendly recipes, you'll find plenty of meals to fuel performance that you can make right in your own kitchen. Whether you're preparing for competition or simply fueling your active lifestyle, Nancy Clark's Sports Nutrition Guidebook will show you how to get maximum benefit from the foods you choose and the meals you make. Why settle for your current athletic level when a good fueling program can help you perform even better? Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

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