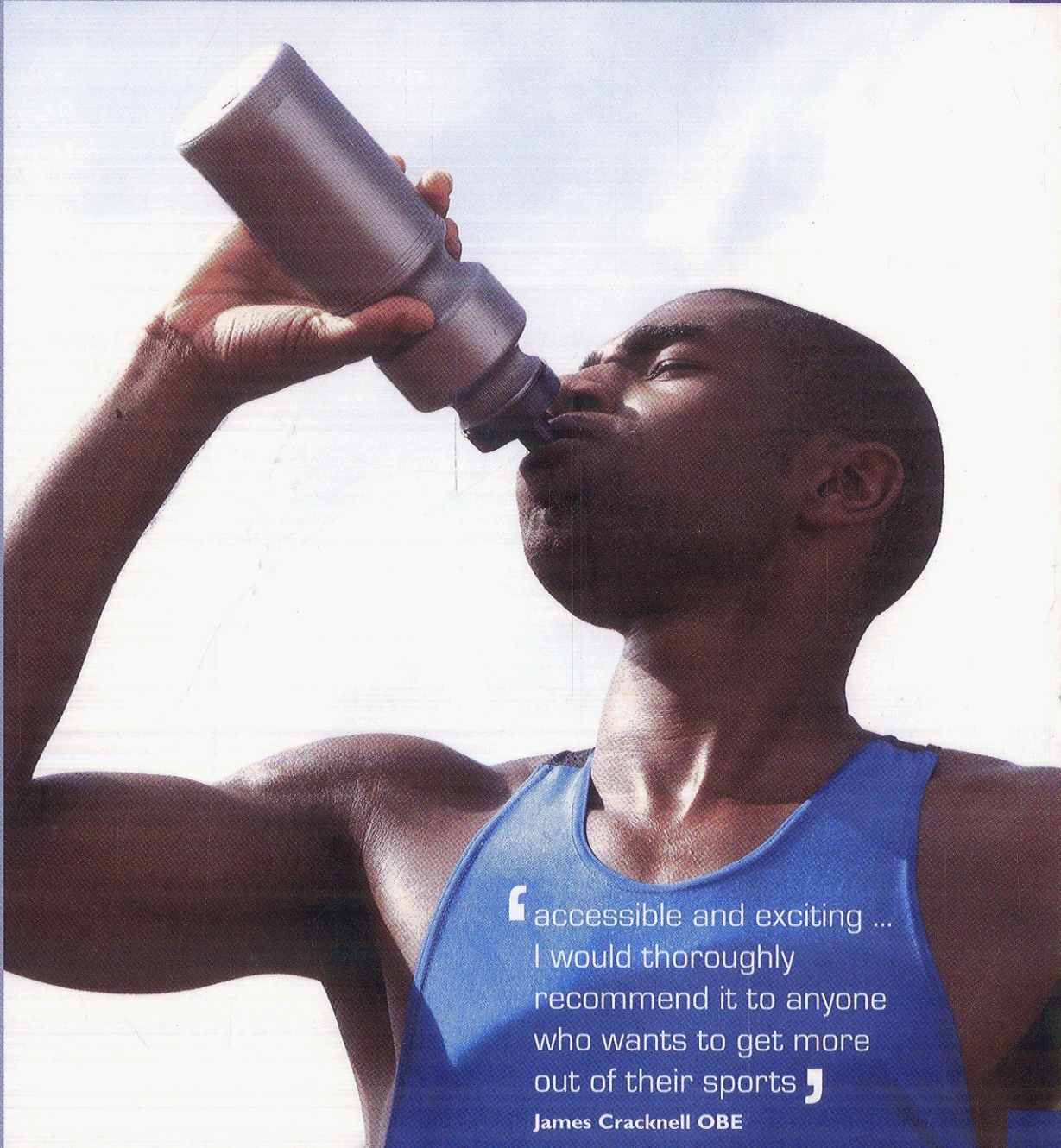


THE COMPLETE GUIDE TO

Anita Bean

SPORTS NUTRITION

6th edition



“accessible and exciting ...
I would thoroughly
recommend it to anyone
who wants to get more
out of their sports”

James Cracknell OBE

CONTENTS

Acknowledgements	vi
Foreword	vii
Preface to the sixth edition	viii

1 An Overview of Sports Nutrition	1
2 Energy for exercise	7
3 Fuelling before, during and after exercise	21
4 Protein requirements for sport	44
5 Vitamins and minerals	53
6 Sports supplements	64
7 Hydration	85
8 Fat: body fat and dietary fat	101
9 Weight loss	117
10 Weight gain	139
11 The female athlete	145
12 The young athlete	159
13 The vegetarian athlete	180
14 Competition nutrition	188
15 Your personal nutrition programme	198
16 The recipes	237

APPENDICES

1 The glycaemic index and glycaemic load	255
2 <i>Glossary of vitamins and minerals</i>	259
List of abbreviations	272
List of weights and measures	272
References	273
Further reading	289
Useful addresses	290
On-line resources	291
Index	292