Contents

Foreword viii ◆ Preface ix ◆ Acknowledgments xii

Part I	Nutrition Sources for Athletes 1
	Energy Nutrients
2	Vitamins and Minerals
3	Fluids and Electrolytes
4	Ergogenic Aids
Part II	Nutrition Aspects of Optimal Performance 131
5	GI Function and Energy Delivery

11 (Gender and Age	18
	Male, female, younger, and older athletes have different nutrition requirements. This chapter presents age- and gender-specific information to help male and female athletes of all ages meet their nutrition needs.	
12	Body Composition and Weight2	31
	Athletes must achieve both an ideal weight and body composition to be successful, regardless of the sport. This chapter reviews the strategies athletes can follow to safely achieve an ideal competitive weight and body composition.	
Part IV	Nutrition Strategies for Specific	
	Energy Systems	25
Ī	Anaerobic Metabolism for High-Intensity Bursts and Power	, S
14 /	Aerobic Metabolism for Endurance)
	Metabolic Needs for Both Power and Endurance	5 1

Part	V Nutrition Plans for Specific Sports	33
16	Sports Requiring Power and Speed 334 This chapter includes seven sample eating plans for intakes of 2,100, 2,300, 2,700, 3,100, 3,400, 3,700, and 4,600 calories for	1
	a variety of speed and power sports. The plans include differently timed practice sessions to help athletes understand the dynamic interaction between energy utilization and requirements.	
17	Sports Requiring Endurance)
	This chapter includes five eating plans for intakes of 1,900 (lacto-ovo vegetarian), 2,000 (gluten free), 2,300, 2,800, and 4,500 calories. The plans use different endurance sports with multiple training schedules to help athletes understand how to best meet nutrition requirements for a variety of schedules.	
18	Sports Requiring Combined Power	
	and Endurance	2
	This chapter includes five eating plans for intakes of 2,300, 2,500, 2,400 (injury recovery), 2,800, and 3,800 calories. These plans use different sports requiring a combination of power and endurance to illustrate different training schedules and the eating strategies to meet nutrition needs.	
	Appendix: Institute of Medicine's Dietary Reference Intakes for Macronutrients 374	
	Endnotes 382 ◆ Index 406 ◆ About the Author 411	