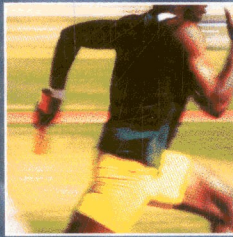


Nutrition

for sport and exercise

A PRACTICAL GUIDE



Hayley Daries

Foreword by Professor Timothy Noakes



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Contents

Preface, vi

Acknowledgments, vii

Foreword, viii

Professor Timothy D Noakes

1 Introduction, 1

2 The Athlete's Energy Needs, 13

3 Laying the Foundation of a Good Diet, 32

4 Carbohydrates, 58

5 Protein, 90

6 Fats, 115

7 Vitamins and Minerals, 144

8 Fluid Balance, 176

9 Performance-Enhancing (Ergogenic) Aids, 201

Appendix: Reference Values for Estimated Energy Expenditure, 216

Glossary, 218

Student Exercises, 223

Answers to Student Exercises, 233

References, 239

Internet Resources, 264

Index, 265

Companion website

This book is accompanied by a website:

www.wiley.com/go/daries/nutrition

The website features:

- Student exercise and answers