

Contents

	Preface	xviii
	How to Use This Bookxx
	About the Authorsxxv
	Acknowledgments	xvi
SECTION 1	The Basics of Sports Nutrition	1
CHAPTER 1	Introduction to Sports Nutrition	3
	What is sports nutrition? 4	
	Why study sports nutrition? 4	
	What are the basic nutrients? 5	
	What are carbohydrates? 5	
	What are proteins? 5	
	What are fats? 5	
	What are vitamins? 5	
	What are minerals? 6	
	What is water? 6	
	How does the body produce energy? 6	
	What are the Dietary Reference Intakes? 6	
	What are enriched and fortified foods? 7	
	What are the basic nutrition guidelines? 8	
	What are the Dietary Guidelines for Americans? 8	
	What is the MyPlate food guidance system? 10	
	How should athletes interpret the information on food labels? 12	
	Who created the food label regulations? 12	
	How can the ingredient list be useful to athletes? 13	
	How can the Nutrition Facts panel be useful to athletes? 13	
	How can the Percent Daily Value be useful to athletes? 15	
	How can nutrient content claims be useful to athletes? 16	
	How can health claims be useful to athletes? 17	
	What are the factors to consider when developing an individualized sports nutrition plan for athletes? 18	
	Why should a sports nutrition plan consider an athlete's health history? 18	
	Why should a sports nutrition plan consider a sport's bioenergetics and logistics? 20	
	Why should a sports nutrition plan consider an athlete's total weekly training and competition time? 21	
	Why should a sports nutrition plan consider an athlete's living arrangements, access to food, and travel schedule? 21	
	How can sports nutrition knowledge be converted into practical applications? 22	
	Key Points of Chapter 22	
	Study Questions 23	
	References 23	

CHAPTER 2	Nutrients: Ingestion to Energy Metabolism	24
	What happens to nutrients after they are ingested?	25
	What are the functions of the various parts of the digestive system?	25
	How are carbohydrates digested, absorbed, transported, and assimilated in the body?	26
	What happens to carbohydrates once they are put into the mouth?	27
	How are the simple sugars absorbed into the intestinal wall?	30
	What happens to carbohydrates once they make it into the blood?	31
	What happens to carbohydrates once they make it to the cells of the body?	32
	How are fats digested, absorbed, transported, and assimilated in the body?	33
	What happens to fats once they are put into the mouth?	33
	What happens to the fats once they are absorbed?	35
	What happens to fats once they make it to the cells?	35
	How are proteins digested, absorbed, transported, and assimilated in the body?	36
	What happens to proteins once they are put into the mouth?	37
	How are proteins absorbed into the intestinal wall?	38
	What happens to amino acids once they make it to the bloodstream?	39
	What happens to amino acids once they make it to the cells of the body?	40
	How are minerals, vitamins, and water absorbed and transported in the body?	41
	What is energy metabolism, and why is it important?	41
	What is energy?	41
	What is the human body's source of chemical energy?	43
	How do cells make ATP?	44
	What are the three energy systems?	46
	What are the characteristics of the phosphagen system?	46
	What are the characteristics of the anaerobic and aerobic energy systems?	47
	How do the energy systems work together to supply ATP during sport performance?	48
	What metabolic pathways are involved with the energy systems?	50
	Key Points of Chapter	57
	Study Questions	58
	References	59
CHAPTER 3	Carbohydrates	60
	What's the big deal about carbohydrates?	61
	What are carbohydrates?	61
	How are carbohydrates classified?	61
	What are simple sugars?	61
	What are complex carbohydrates?	64
	Are artificial sweeteners carbohydrates? Are they beneficial or harmful?	66
	What functions do carbohydrates serve in the body?	68
	How can carbohydrates affect overall health?	69
	What role does fiber play in health?	69
	What role do simple sugars have in health?	70
	How much carbohydrates should be consumed daily?	71
	What is the relationship between current body weight and carbohydrate intake?	71
	How can carbohydrate needs be determined based on a percentage of total calories?	71
	What impact does the stage of training or competition schedule have on carbohydrate intake?	72
	What are the various sources of dietary carbohydrates?	73
	What are the best carbohydrate choices within the grains group?	74
	What are the best carbohydrate choices within the fruit and vegetable groups?	74

What are the best carbohydrate choices within the dairy/alternative group?	74
What are the best carbohydrate choices within the protein foods group?	76
Can foods containing simple sugars or artificial sweeteners be used as a source of carbohydrates?	76
What are the glycemic index and glycemic load, and how can they be used in sports nutrition?	76
What is glycemic load?	78
Does glycemic kinetics affect the glycemic index?	79
How does the glycemic index relate to exercise?	80
How are carbohydrates utilized during exercise?	80
How much carbohydrate is stored within the body?	81
Why are carbohydrates an efficient fuel source?	82
Does carbohydrate intake enhance performance?	82
Does carbohydrate intake delay fatigue?	82
What type, how much, and when should carbohydrates be consumed before exercise?	83
What should an athlete eat on the days leading up to an important training session or competition?	84
What should an athlete eat in the hours leading up to an important training session or competition?	84
What type, how much, and when should carbohydrates be consumed during exercise?	87
What types of carbohydrates should be consumed during exercise or sport?	87
How much carbohydrate should be consumed during exercise or sport?	87
When should carbohydrates be consumed during exercise or sport?	89
What type, how much, and when should carbohydrates be consumed after exercise?	90
When should carbohydrates be consumed after exercise or sport?	90
What type of carbohydrates should be consumed after exercise or sport?	90
How much carbohydrate should be consumed after exercise or sport?	91
What are some examples of good meals/snacks for after exercising?	91
Key Points of Chapter	92
Study Questions	93
References	94
Additional Resources	96

CHAPTER 4 Fats..... 97

What's the big deal about fats?	98
What are fats?	98
How are lipids (fats) classified?	98
What are triglycerides?	98
What is the molecular structure of a triglyceride?	98
What are some of the functions of triglycerides in the body?	99
What are fatty acids?	100
What are phospholipids?	104
What are sterols?	105
Is there such a thing as artificial fats?	106
How much fat is recommended in an athlete's diet?	107
Can a diet be too low in fat?	108
Can a diet be too high in fat?	109
Which foods contain fat?	109
How much fat is in the grains group?	109
How much fat is in the fruit and vegetable groups?	110
How much fat is in the dairy/alternative group?	110

How much fat is in the protein foods group?	111
How much fat is in the oils?	111
How can the percentage of calories from fat be calculated for specific foods?	112
What's the big deal about cholesterol?	114
What is cholesterol, and which foods contain it?	114
How is blood cholesterol classified?	114
How can fats affect daily training and competitive performance?	117
What type, how much, and when should fats be consumed before exercise?	119
Is a single high-fat meal prior to exercise beneficial?	119
Is a short-term pattern of eating high-fat meals beneficial to exercise performance?	119
Is a long-term pattern of eating high-fat meals beneficial to exercise performance?	120
What are the recommendations for fat intake prior to exercise?	120
What type, how much, and when should fats be consumed during exercise?	121
What type, how much, and when should fats be consumed after exercise?	122
Key Points of Chapter	122
Study Questions	123
References	123
Additional Resources	124

CHAPTER 5 Proteins125

Why is protein important to athletes?	126
What are proteins?	126
What is the difference between a “complete” and an “incomplete” protein?	128
What are the main functions of proteins in the body?	130
What is nitrogen balance?	131
How much protein should athletes consume daily?	132
How can protein requirements be calculated based on body weight?	132
How do various dietary and training factors affect protein recommendations?	133
Can too much protein be harmful?	135
Which foods contain protein?	136
Which foods in the grains group contain protein?	136
Which foods in the fruit and vegetable groups contain protein?	137
Which foods in the dairy/alternative group contain protein?	138
Which foods make up the protein foods group?	138
Do foods in the oils and empty calories group contain protein?	138
Are protein supplements beneficial?	139
What is the quantity of protein or amino acids in the product? Is the supplement necessary?	139
What is the cost of protein supplements?	141
Will protein supplements enhance performance?	141
Are there any risks associated with taking the supplement?	142
Why is protein essential for daily training?	142
What type, how much, and when should protein be consumed before exercise?	143
What type and how much protein should be consumed 4 to 24 hours prior to training or competition?	144
What type and how much protein should be consumed 1 to 4 hours prior to training or competition?	144
What type, how much, and when should protein be consumed during exercise?	144
What type, how much, and when should protein be consumed after exercise?	145
Which type of protein or amino acid source is most beneficial to consume after exercise?	146
Is there a recovery benefit of combining carbohydrates and proteins after exercise?	146

How much protein should be consumed after exercise?	147
When should protein or amino acids be consumed after exercise?	147
Key Points of Chapter	148
Study Questions	148
References	149
Additional Resources	150

CHAPTER 6 Vitamins 151

What's the big deal about vitamins?	152
What are vitamins?	152
How are the dietary needs for vitamins represented?	152
What are the water-soluble vitamins?	152
Why is thiamin important to athletes?	154
Why is riboflavin important for athletes?	154
Why is niacin important for athletes?	155
Why is vitamin B ₆ important for athletes?	157
Why is vitamin B ₁₂ important for athletes?	159
Why is folate important for athletes?	160
Why is biotin important for athletes?	163
Why is pantothenic acid important for athletes?	164
Why is choline important for athletes?	165
Why is vitamin C important for athletes?	165
What are the fat-soluble vitamins?	167
Why is vitamin A important for athletes?	167
Why are the carotenoids important for athletes?	170
Why is vitamin D important for athletes?	171
Why is vitamin E important for athletes?	174
Why is vitamin K important for athletes?	175
Which vitamins or compounds have antioxidant properties?	176
What are free radicals?	176
What is the relationship between free radicals and exercise?	178
Do athletes need antioxidant supplements?	178
What are phytochemicals?	179
What are phenolic compounds?	179
What are organosulfides?	180
What is lycopene?	181
How can athletes increase phytochemical consumption through whole foods?	181
Key Points of Chapter	183
Study Questions	184
References	184
Additional Resources	185

CHAPTER 7 Minerals 186

What's the big deal about minerals?	187
What are minerals?	187
What are the major minerals?	189
Why is calcium important for athletes?	189
Why is phosphorus important to athletes?	191
Why is magnesium important for athletes?	193
Why is sodium important for athletes?	195

- Why is chloride important for athletes? 196
- Why is potassium important for athletes? 197
- Why is sulfur important for athletes? 198
- What are the trace minerals? 199**
 - Why is iron important for athletes? 200
 - Why is zinc important for athletes? 204
 - Why is chromium important for athletes? 205
 - Why is fluoride important for athletes? 206
 - Why is copper important for athletes? 208
 - Why is manganese important for athletes? 209
 - Why is iodine important for athletes? 210
 - Why is molybdenum important for athletes? 211
 - Why is selenium important for athletes? 211
 - Are other trace minerals important for athletes? 213
- Key Points of Chapter 214
- Study Questions 214
- References 215
- Additional Resources 216

CHAPTER 8 Water 217

- What's the big deal about water? 218**
 - What are the functions of water in the body? 218
 - What are the sources of water? 220
 - What are the ways in which we lose body water? 221
- What are the consequences of poor water balance? 222**
 - Is it possible to overhydrate the body? 223
 - How can hydration status be monitored? 224
- How much fluid do individuals need on a daily basis? 226**
 - What are the current recommendations for daily fluid intake? 226
 - Can certain beverages, foods, or medications contribute to fluid losses? 227
 - What are some practical guidelines for consuming fluids on a daily basis? 228
- What is the role of preexercise hydration? 228**
 - How much fluid should be consumed before exercise? 228
 - What types of fluids should be consumed? 229
 - What are practical guidelines for consuming fluids before exercise? 230
- What is the role of hydration during exercise? 230**
 - What is the magnitude of water and electrolyte losses during exercise? 231
 - How much fluid should be consumed during exercise? 231
 - What types of fluids should be consumed during exercise? 234
 - What are some practical guidelines for consuming fluids during exercise? 240
- What is the role of postexercise hydration? 243**
 - How much fluid should be consumed? 243
 - What types of fluids should be consumed? 243
 - Are supplements beneficial after exercise? 244
 - What are some practical guidelines for consuming fluids after exercise? 245
- Key Points of Chapter 246
- Study Questions 246
- References 247

CHAPTER 9 Nutritional Ergogenics 249

- What is an ergogenic aid? 250**

What are dietary supplements?	251
Why do athletes use dietary supplements?	251
What are the regulations governing dietary supplements?	252
Are some supplements better or safer than others?	255
Where can information on nutritional ergogenic aids be found?	256
What tools are available to research information on ergogenic aids?	258
What is doping?	260
What are some of the commonly encountered doping substances?	260
Which nutritional ergogenic aids are commonly used as anabolic agents, prohormones, and hormone releasers?	262
Which nutritional ergogenic aids are commonly used to reduce fat mass?	264
Which nutritional ergogenic aids are commonly used as anticatabolics?	264
Which vitamins and minerals are commonly used as nutritional ergogenic aids?	265
What types of dietary supplements and nutritional ergogenics are commonly used by endurance athletes, strength/power athletes, and team sport athletes?	266
Key Points of Chapter	271
Study Questions	272
References	272

SECTION 2 The Practical Application of Sports Nutrition 273

CHAPTER 10 Nutrition Consultation with Athletes 275

Why is nutrition consultation and communication with athletes important?	276
How much do athletes know about sports nutrition?	276
Who provides nutrition assessment and education to athletes?	277
How does the consultation process with athletes begin?	278
What is a diet history?	278
What is a health history questionnaire?	279
Why is an inquiry about supplement use important?	281
What type of food intake information should be obtained from the athlete?	281
How is an exercise/training log used in a nutrition consultation?	284
Which clinical assessments should be conducted in the initial consultation session?	284
How are food records analyzed?	286
How do you compare dietary intake to nutrition recommendations?	288
What are the steps for the initial consultation with the athlete?	291
How is rapport established with an athlete?	291
How can you determine the reasons for a requested consultation?	292
How is the nutrition assessment conducted?	292
How can an athlete's readiness for change be assessed?	295
How can appropriate nutrition goals be established?	297
How can appropriate nutrition education be provided to an athlete?	298
How should a consultation be summarized and closed?	298
What are the steps for a follow-up consultation with the athlete?	299
What should walk-in or short sessions with athletes involve?	300
Are there any concerns about the confidentiality of the health, nutrition, and exercise information provided by the athlete?	301
Key Points of Chapter	303
Study Questions	304
References	304

CHAPTER 11 Weight Management 306

What are the common weight management concerns for athletes? 307

What are the prevalence and significance of overweight and obesity? 307

 What are the main health consequences and health risks of overweight and obesity? 308

What methods are used to determine weight status? 309

 What is body mass index? 309

 What can measures of body fat distribution tell us? 310

Why is body composition important? 311

 What makes up the composition of the body? 312

 What are the methods for measuring body composition? 312

 How does body composition affect sport performance? 317

What are the components of energy intake and energy expenditure? 318

 What influences energy intake? 318

 What are the components of energy expenditure? 319

What methods do athletes use to lose weight? 324

 How are weight and body composition goals for athletes determined? 324

 How are energy needs for weight loss determined? 324

 What dietary changes are necessary for athletes to lose weight? 325

 How do exercise and physical activity influence weight loss for athletes? 328

 How does goal setting help athletes lose weight? 328

 What are the summary recommendations for athletes regarding weight loss? 330

What are the weight loss issues for athletes in weight classification sports? 330

What happens when weight loss efforts develop into disordered eating patterns? 333

 What are the different types of eating disorders? 334

 What are the main concerns regarding female athletes and eating disturbances/disorders? 337

 What are the main concerns regarding male athletes and eating disturbances/disorders? 338

 What are the best treatment options for eating disorders? 339

 How can eating disorders be prevented? 340

How can athletes gain weight healthfully? 342

 What kind of resistance training program is best for gaining weight? 342

 How can an athlete achieve a positive energy balance? 342

 How can an athlete achieve a positive nitrogen balance? 343

 Do athletes need dietary supplements to gain weight? 344

 What other dietary practices might help an athlete gain weight? 344

Key Points of Chapter 346

Study Questions 346

References 347

Additional Resources 348

CHAPTER 12 Endurance and Ultra-Endurance Athletes 349

What is different about endurance athletes? 350

What energy systems are utilized during endurance exercise? 350

Are total energy needs for endurance athletes different from energy needs of other types of athletes? 351

 How are daily energy needs calculated for endurance athletes? 351

 How many calories should be consumed during endurance training or competition? 354

 How many calories are required after a training session or competitive event? 354

Are macronutrient needs different for endurance athletes?	354
How important are carbohydrates to endurance athletes?	355
How are daily carbohydrate needs calculated for endurance athletes?	355
How should endurance athletes carbohydrate-load before competition?	356
Should carbohydrates be consumed in the hours or minutes prior to endurance activities?	357
Should the endurance athlete consume carbohydrates during endurance activities?	359
Is carbohydrate intake important during the recovery period after endurance training or competition?	359
Are protein needs different for endurance athletes?	361
How are daily protein needs calculated for endurance athletes?	361
What is the effect of consuming protein prior to endurance activities?	363
Should proteins be ingested during endurance activities?	364
Is protein needed for recovery from endurance exercise?	365
Should endurance athletes eat more fats to meet their energy needs?	366
How are daily fat needs calculated for endurance athletes?	367
Should fats be eaten while performing endurance activities?	368
Is fat needed for recovery from endurance exercise?	370
Are vitamin/mineral needs different for endurance athletes?	370
Why are the B vitamins important for endurance athletes?	370
Why is iron important for endurance athletes?	370
Why is calcium important for endurance athletes?	371
Why are vitamins C and E important for endurance athletes?	372
Why are sodium and potassium important for endurance athletes?	372
Why are fluids critical to endurance performance?	372
How are daily fluid needs calculated for endurance athletes?	373
How are fluid and electrolyte needs during endurance activities determined?	373
What meal planning/event logistics need to be considered during endurance events?	378
How can a nutrition plan be developed for sports that are not conducive to consuming foods or fluids while exercising?	378
How can a nutrition plan be developed for sports lasting 24 hours or longer?	380
How can a nutrition plan be developed for a multiday event that will be fully supported?	380
How can a meal plan be developed for a sport such as a long-distance triathlon that includes a nonconducive eating environment, a length of time spanning several meals, and race course support?	381
Key Points of Chapter	383
Study Questions	384
References	384
Additional Resources	386

CHAPTER 13 Strength/Power Athletes 387

What is different about strength/power athletes?	388
What energy systems are utilized during strength/power exercise?	388
Are the calorie needs of strength/power athletes different from those of other types of athletes?	389
How are daily calorie needs calculated for strength/power athletes?	389
How are calorie needs calculated during strength/power training and competition?	394
Are carbohydrate needs different for strength/power athletes?	395
How are daily carbohydrate needs calculated for strength/power athletes?	396
Are carbohydrates needed before and during training and competition?	398
Are carbohydrates needed for recovery from strength/power activities?	399

Are protein needs different for strength/power athletes?	399
How are daily protein needs calculated for strength/power athletes?	400
Do individual amino acids have an ergogenic effect on muscle growth and development?	401
Is protein needed before and during training sessions and competitions?	402
Is protein needed for recovery from strength/power activities?	402
Are fat needs different for strength/power athletes?	403
How are daily fat needs calculated for strength/power athletes?	403
Are fats needed before and during training sessions and competitions?	404
Is fat needed for recovery from strength/power activities?	405
Are vitamin and mineral needs different for strength/power athletes?	405
Do strength/power athletes need to supplement with antioxidant vitamins?	405
Should strength/power athletes supplement boron intake?	405
Should strength/power athletes be concerned about calcium intake?	406
Is chromium supplementation important for strength/power athletes?	406
Should strength/power athletes worry about iron?	406
Is magnesium supplementation important for strength/power athletes?	407
Why is zinc important for strength/power athletes?	407
Is multivitamin/mineral supplementation necessary for strength/power athletes?	407
Are fluid needs different for strength/power athletes?	407
What issues are of concern regarding the fluid intake of strength/power athletes?	407
How are fluid needs during strength/power activities determined?	409
What should athletes drink and when should they drink it?	410
How much fluid should strength/power athletes drink after training sessions and competitive events?	410
What meal-planning/event logistics need to be considered during strength/power events?	410
What are high-quality options for snacks between events at meets?	410
What are high-quality options for snacks after competition?	411
Key Points of Chapter	411
Study Questions	412
References	412
Additional Resources	414

CHAPTER 14 Team Sport Athletes415

What is different about athletes in team sports?	416
What energy systems are utilized during team sports?	416
How are energy needs different for team sport athletes?	417
How are daily energy needs calculated for team sport athletes?	417
How can energy needs during an event be calculated?	418
Are carbohydrate needs different for team sport athletes?	420
How are daily carbohydrate needs calculated for team sport athletes?	420
What is the effect of carbohydrate consumption prior to team sport activities?	422
Is carbohydrate intake required during team sport activities?	423
Is carbohydrate intake needed for recovery from team sport activities?	424
Are protein needs different for team sport athletes?	424
How are daily protein needs calculated for team sport athletes?	424
Is protein recommended after exercise for recovery?	425
Are fat needs different for team sport athletes?	426
How are daily fat needs calculated for team sport athletes?	427
Is fat recommended after exercise for recovery?	428

Are vitamin and mineral needs different for team sport athletes?	429
How does vitamin intake of team sport athletes compare to the dietary intake standards?	429
How does mineral intake of team sport athletes compare to the dietary intake standards?	429
How does energy consumption affect vitamin and mineral intake?	430
Are vitamin and mineral supplements recommended for team sport athletes?	431
What are the fluid recommendations for team sport athletes?	433
Why are fluids critical to team sport performance?	433
How can dehydration be prevented in team sport athletes?	433
What meal-planning/event logistics need to be considered during team sport events?	436
Should food be consumed during an event?	436
What should athletes consume between games and at tournaments?	436
Which foods are recommended for athletes while traveling?	438
Key Points of Chapter	441
Study Questions	442
References	442
Additional Resources	444

CHAPTER 15 Special Populations 445

What is a “special population”?	446
What are the special considerations for athletes with diabetes?	446
What are the main types of diabetes?	447
What are the considerations related to exercise for athletes with diabetes?	448
How can athletes manage their diabetes and excel in sports?	448
What are the special considerations for athletes who are pregnant?	452
How are an athlete’s caloric requirements affected by pregnancy?	453
How are an athlete’s protein requirements affected by pregnancy?	453
How are an athlete’s B vitamin requirements affected by pregnancy?	454
How are an athlete’s vitamin C requirements affected by pregnancy?	455
How are an athlete’s vitamin A requirements affected by pregnancy?	455
How are an athlete’s magnesium requirements affected by pregnancy?	456
How are an athlete’s iron requirements affected by pregnancy?	456
What are the special considerations for child and teen athletes?	457
How does nutrition affect growth and maturation in the child or teen athlete?	458
Are fluid needs for young athletes different from those of adult athletes?	461
Do young athletes require higher vitamin and mineral intake?	461
What are the special considerations for college athletes?	462
Are college athletes’ energy needs higher than their precollege needs?	462
What are practical tips for the implementation of a college athlete’s meal plan?	463
How does alcohol consumption affect college athletes’ nutrition?	464
What are the special considerations for masters athletes?	468
How do the nutrient needs of masters athletes change?	468
How does the presence of chronic disease affect nutrient needs of masters athletes?	471
What are the special considerations for vegetarian athletes?	473
What are the various types of vegetarianism?	473
Which vegetarian foods are rich in protein?	474
Which vegetarian foods are rich in iron?	476
Which vegetarian foods are rich in zinc?	477

Which vegetarian foods are rich in calcium and vitamin D?	477
Which vegetarian foods are rich in vitamin B ₁₂ ?	478
Key Points of Chapter	479
Study Questions	480
References	480
Additional Resources	481

CHAPTER 16	Jobs in Sports Nutrition	482
	Why should you consider becoming a registered dietitian?	483
	What are the steps to becoming a registered dietitian?	483
	What are the curriculum requirements for an undergraduate degree in dietetics?	483
	Do individuals need a graduate degree to be a sports dietitian?	484
	What do the dietetic internships entail, and how does the experience relate to becoming a dietitian?	484
	How is the board exam taken, and what topic areas are covered?	485
	Is continuing education required once the RD credential is obtained?	485
	What is the Board Certified as a Specialist in Sports Dietetics credential?	486
	Is licensure necessary for registered dietitians?	486
	What if you are not an RD and don't have a license—can you still give nutrition advice to athletes?	487
	How can students and professionals obtain practical experience in the field of sports nutrition?	487
	What are the potential job markets in sports nutrition?	488
	Key Points of Chapter	492
	Study Questions	492
	References	492
APPENDIX A	You Are the Nutrition Coach—Answers	493
APPENDIX B	The Gastrointestinal Tract	500
APPENDIX C	Major Metabolic Pathways	503
APPENDIX D	Calculations and Conversions	509
APPENDIX E	Growth and Body Mass Index Charts	511
	Glossary	516
	Index	527