



Sports and Exercise Nutrition

By William D. McArdle BS M.Ed PhD, Frank I. Katch, Victor L. Katch

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Updated with the latest cutting-edge research findings, this Third Edition helps readers make the bridge between nutrition and exercise concepts and their practical applications. The book provides a strong foundation in the science of exercise nutrition and bioenergetics and offers valuable insights into how the principles work in the real world of physical activity and sports medicine. Case Studies and Personal Health and Exercise Nutrition activities engage readers in practical nutritional assessment problems. This edition includes the latest findings on such current topics as nutritional supplements, eating disorders, Healthy Eating Index, food labeling, MyPyramid, and obesity.

A companion Website offers approximately 300 multiple-choice and true/false quiz questions to help readers prepare for exams.

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