

Contents

Preface vi ■ Acknowledgments x ■ Credits xi

1 Nutrients 1

Function of Nutrients	2
Carbohydrate	3
Fat	9
Protein	15
Water	18
Vitamins, Minerals, and Trace Elements	19
Phytonutrients	20

2 Nutrients and Recommended Intakes 25

Essential Nutrients	26
Development of Recommended Intakes	27
Current Recommended Intakes	28
Practical Guidelines for a Balanced Healthy Diet	32
Food Labels	35
Analyzing Dietary Intake	40

3 Fuel Sources for Muscle and Exercise Metabolism 47

Subcellular Skeletal Muscle Structure	48
Force Generation in Skeletal Muscle	48
Fiber Types	49
Energy for Muscle Force Generation	51
Fuel Stores in Skeletal Muscle	62
Regulation of Energy Metabolism	63
Metabolic Responses to Exercise	68
Metabolic Adaptations to Exercise Training	74

4 Energy 79

Energetic Efficiency	81
Measuring the Energy Content of Food	81
Measuring Energy Expenditure	83
Components of Energy Expenditure	90
Energy Balance	92

5 Gastric Emptying, Digestion, and Absorption 99

Anatomy of the Gastrointestinal Tract	100
Regulation of the Gastrointestinal Tract	104
Digestion	104
Absorption	109
Function of Bacteria in the Colon	113
Regulation of Gastric Emptying	114
Gastrointestinal Problems During and After Exercise	116

6 Carbohydrate 121

History	122
Role of Carbohydrate	123
Recommendations for Carbohydrate Intake	128
Carbohydrate Intake Days Before Competition	128
Carbohydrate Intake Hours Before Exercise	133
Carbohydrate Intake 30 to 60 Minutes Before Exercise	134
Carbohydrate Intake During Exercise	136
Carbohydrate Intake After Exercise	142

7 Fat 149

Fat Metabolism During Exercise	150
Limits to Fat Oxidation	151
Fat as a Fuel During Exercise	155
Regulation of Carbohydrate and Fat Metabolism	159
Fat Supplementation and Exercise	162
Effect of Diet on Fat Metabolism and Performance	163

8 Protein and Amino Acids 169

Amino Acids	170
Techniques to Study Protein and Amino Acid Metabolism	176
Protein Requirements for Exercise	179
Training and Protein Metabolism	182
Effect of Protein Intake on Protein Synthesis	182
Amino Acids as Ergogenic Aids	184
Protein Intake and Health Risks	191

9 Water Requirements and Fluid Balance 195

Thermoregulation and Exercise in the Heat	197
Effects of Dehydration on Exercise Performance	202
Mechanisms of Heat Illness	204
Effects of Fluid Intake on Exercise Performance	205
Daily Water Balance	211
Fluid Requirements for Athletes	213

10 Vitamins and Minerals 221

Water-Soluble and Fat-Soluble Vitamins	222
Recommended Intakes of Vitamins	225
Macrominerals and Microminerals	226
Recommended Intakes of Minerals	228
Critical Micronutrient Functions	230
Assessing Micronutrient Status	248
Exercise and Micronutrient Requirements	250
Ergogenic Effect of Micronutrient Supplementation	251
Recommendations for Micronutrient Intake in Athletes	252

11 Nutrition Supplements 257

Nonregulation of Nutrition Supplements	258
Critical Evaluation of Nutrition Supplements Studies	259
Androstenedione	260
Bee Pollen	263
Beta Alanine and Carnosine	263
Beta-Hydroxy Beta Methylbutyrate	264
Boron	265
Caffeine	265
L-Carnitine	270
Choline	273
Chromium	274
Coenzyme Q10	275
Creatine	275
Dehydroepiandrosterone	281
Fish Oil	282
Ginseng	283
Glycerol	283
Inosine	284
Lactate Salts and Polylactate	285

Lecithin	286
Medium-Chain Triacylglycerol	286
Pangamic Acid	287
Phosphatidylserine	287
Phosphorus	288
Pyruvate and Dihydroxyacetone	288
Sodium Bicarbonate	289
Sodium Citrate	290
Vanadium	290
Wheat Germ Oil	291
Contamination of Nutrition Supplements	291

12 Nutrition and Training Adaptations 295

Training Adaptations	296
Signal Transduction Pathways	297
Starting a Signaling Cascade	298
Secondary Signals	299
Nutrition Effects on Training Adaptations	302
Overtraining	307

13 Body Composition 313

Optimal Body Weight and Composition	314
Body Composition Models	315
Normal Ranges of Body Weight and Body Fat	316

14 Weight Management 329

Body Weight and Composition in Different Sports	330
Genetics	330
Energy and Macronutrient Intake	331
Regulation of Appetite	332
Effect of Exercise on Appetite	332
Physical Activity and Energy Expenditure	333
Dietary Weight-Loss Methods	334
Exercise for Weight Loss	339
Decreased Resting Metabolic Rate With Weight Loss	341
Weight Cycling	342
Gender Differences in Weight Loss	342
Practicalities of Weight Loss for Athletes	342
Defining the Strategy	343

15 Eating Disorders in Athletes 347

Types of Eating Disorders	348
Prevalence of Eating Disorders in Athletes	350
Risk Factors	351
Effects of Eating Disorders on Sports Performance	352
Effects of Eating Disorders on the Athlete's Health	353
Treatment and Prevention of Eating Disorders	357

16 Nutrition and Immune Function in Athletes 361

Functions of the Immune System and Its Cellular Components	362
General Mechanism of the Immune Response	364
Effects of Exercise on the Immune System	371
Nutritional Manipulations to Decrease Immunodepression in Athletes	374
Mechanisms of Nutritional Influences on Immune Function in Athletes	374
Conclusions and Recommendations	392

Appendix A Key Concepts in Biological Chemistry Relevant to Sport Nutrition	395
Appendix B Unit Conversion Tables	415
Appendix C Recommended Daily Allowances for North America	419
Appendix D Reference Nutrient Intakes for the United Kingdom	425
Appendix E Recommended Dietary Intakes for Australia	429

Glossary 430 ■ References 443 ■ Index 467 ■ About the Authors 475
