

BRIEF CONTENTS

SECTION 1 The Basics of Sports Nutrition 1

CHAPTER 1	Introduction to Sports Nutrition.....	3
CHAPTER 2	Nutrients: Ingestion to Energy Metabolism.....	23
CHAPTER 3	Carbohydrates.....	59
CHAPTER 4	Fats.....	91
CHAPTER 5	Proteins.....	117
CHAPTER 6	Vitamins.....	143
CHAPTER 7	Minerals.....	181
CHAPTER 8	Water.....	213
CHAPTER 9	Nutritional Ergogenics.....	245

SECTION 2 The Practical Application of Sports Nutrition 265

CHAPTER 10	Nutrition Consultation with Athletes.....	267
CHAPTER 11	Weight Management.....	295
CHAPTER 12	Endurance and Ultra-Endurance Athletes.....	335
CHAPTER 13	Strength/Power Athletes.....	371
CHAPTER 14	Team Sport Athletes.....	399
CHAPTER 15	Special Considerations in Sports Nutrition.....	429
APPENDIX	You Are the Nutrition Coach—Answers.....	465
GLOSSARY		471
INDEX		485