

Sports Nutrition: A Practice Manual for Professionals

Christine A. Rosenbloom, Ellen J. Coleman



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Sports Nutrition: A Practice Manual for Professionals Christine A. Rosenbloom, Ellen J. Coleman Sound nutrition is essential for high-quality sport training and competition. This new edition is a joint venture between the Academy of Nutrition and Dietetics and the Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetic practice group. The book is a go-to source for specific evidence-based information on different sports nutrition topics.

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