

SPORTS NUTRITION AND HEALTH: FROM NUTRIENTS TO PERFORMANCE

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Short Description

Sports Nutrition and Health: From Nutrients to Performance explores the vital connection between nutrition and athletic performance. It covers essential nutrients like proteins, carbohydrates, fats, and phytonutrients, offering practical strategies for sustainable sports nutrition. The book delves into supplement use, energy metabolism, hormone regulation, and hydration. It also addresses emerging trends, such as insect-based foods and innovations in sports food packaging, while highlighting the role of nutrition in overall health, performance, and well-being. Featuring contributions from renowned experts, this book offers a wealth of knowledge and practical advice for athletes, coaches, nutritionists, and anyone passionate about sports and health. Whether you are a professional athlete, a coach, or a fitness enthusiast, *Sports Nutrition and Health: From Nutrients to Performance* is your essential book for achieving peak performance through optimised nutrition and holistic health practices.

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