



# The Complete Guide to Sports Nutrition (Complete Guides)

*Anita Bean*

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## **The Complete Guide to Sports Nutrition (Complete Guides) Anita Bean**

*The Complete Guide to Sports Nutrition* is the definitive practical handbook for anyone wanting a performance advantage. This fully updated and revised edition incorporates the latest cutting-edge research. Written by one of the country's most respected sports nutritionists, it provides the latest research and information to help you succeed.

This seventh edition includes accessible guidance on the following topics:

maximising endurance, strength and performance

how to calculate your optimal calorie, carbohydrate and protein requirements

advice on improving body composition

specific advice for women, children and vegetarians

eating plans to cut body fat, gain muscle and prepare for competition

sport-specific nutritional advice.

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