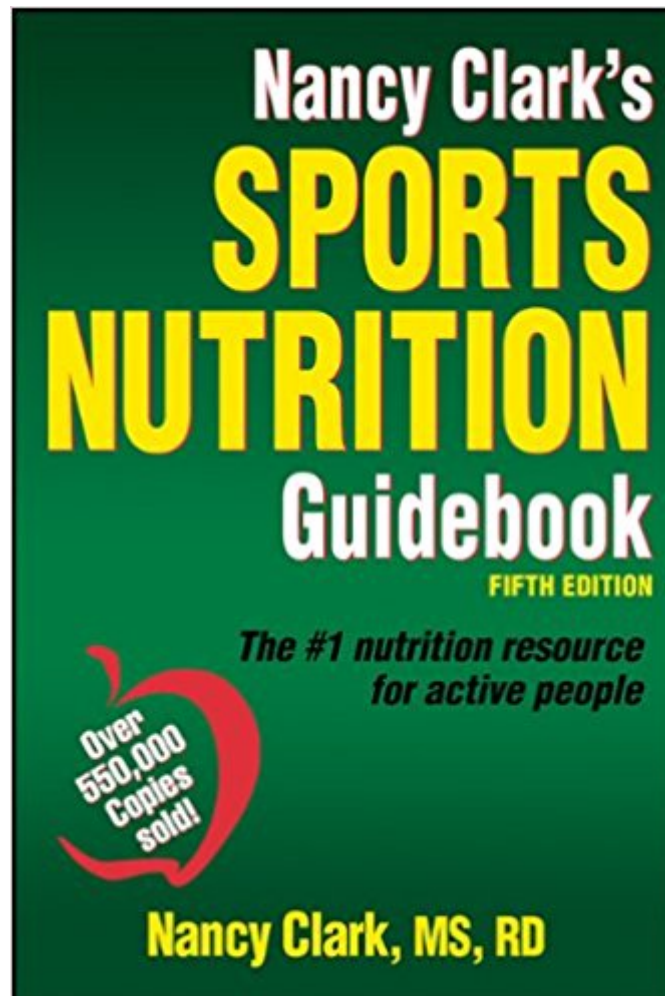




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Nancy Clark's Sports Nutrition Guidebook-5th Edition



Synopsis

Boost your energy, manage stress, build muscle, lose fat, and improve your performance. The best-selling nutrition guide is now better than ever! Nancy Clark's Sports Nutrition Guidebook will help you make the right choices in cafes, convenience stores, drive-throughs, and your own kitchen. Whether you're preparing for competition or simply eating for an active lifestyle, let this leading sports nutritionist show you how to get maximum benefit from the foods you choose and the meals you make. You'll learn what to eat before and during exercise and events, how to refuel for optimal recovery, and how to put into use Clark's family-friendly recipes and meal plans. You'll find the latest research and recommendations on supplements, energy drinks, organic foods, fluid intake, popular diets, carbohydrate and protein intake, training, competition, fat reduction, and muscle gain. Whether you're seeking advice on getting energized for exercise or improving your health and performance, Nancy Clark's Sports Nutrition Guidebook has the answers you can trust.

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Customer Reviews

“[Nancy Clark's Sports Nutrition Guidebook is] the go-to manual for active people to fuel their exercise endeavors | With a focus on sports nutrition, you're not focused so much on losing, but on gaining. You're gaining speed, strength and stamina along with mental acuity and improved wellbeing. Yes, it's also a great recipe for fat loss, but the dropping of excess poundage, again, is a side benefit rather than a primary focus. And that's what makes it sustainable. Sports nutrition is about the journey rather than the destination. Diet books come and

go, but Nancy Clark's Sports Nutrition Guidebook continues to be the book of choice for those who want to find out what they're physically capable of | [The book] made all the difference for me. I had done reasonably well in my fitness journey, having lost 30 pounds of fat and gained a fair amount of muscle, but around 2003 was when I really wanted to up my game. I wanted to get faster and stronger and leaner. The director of health and fitness programs at the University of Calgary recommended Nancy's book to me, and that was the start of changing how I viewed everything to do with food and fueling athletic performance. A decade later I'm a muscular Boston Marathon qualifier who can see his abs. Thanks, Nancy.

• James S. Fell-- Author of Lose It Right: A Brutally Honest 3-Stage Program to Get Fit and Lose Weight Without Losing Your Mind

Nancy Clark, MS, RD, CSSD, renowned author and board-certified specialist in sports dietetics, is known for her ability to translate the science of nutrition for exercise and health into practical tips to enhance performance, manage weight, and resolve eating disorders. She has a private practice in the Boston-area (Newton, MA), where she offers nutrition consultations to both casual exercisers and competitive athletes. Her more renowned clients have included members of the Boston Red Sox, the Boston Celtics, and many collegiate, elite, and Olympic athletes from a variety of sports. She is team nutritionist for the Boston Red Sox. An internationally known lecturer, Clark has given presentations to professional groups such as the Academy of Nutrition and Dietetics (AND) (formerly known as the American Dietetic Association) and the American College of Sports Medicine (ACSM), as well as team talks to athletes at Boston-area colleges. Clark offers workshops nationally to health professionals with her sports nutrition workshop series. As a part of the Leukemia & Lymphoma Society's Team in Training Virtual Marathon Training Program, Clark helps novice runners complete the distance. Clark received her bachelor's degree in nutrition from Simmons College in Boston and her master's degree in nutrition from Boston University. She completed her internship in dietetics at Massachusetts General Hospital. She is a fellow of the American Dietetic Association, recipient of its Media Excellence Award, an active member of ADA's practice group of sports nutritionists (SCAN), and a recipient of that group's Honor Award. In addition, Clark is a fellow of the ACSM and a recipient of the Honor Award from ACSM's New England chapter. Clark received the 2015 Nutrition Science Media Award from the American Society of Nutrition. Clark is the nutrition columnist for New England Runner and American Fitness and is a frequent contributor to numerous sports and fitness publications. She writes a monthly nutrition column called "The Athlete's Kitchen," which appears regularly in over 100 sports publications and Web sites. She has authored

• Nancy Clark's Food Guide for Marathoners:

Tips for Everyday Champions and The Cyclist's Food Guide: Fueling for the Distance. She lives in the Boston area.

A lot of this was basic information for me, but then again I spend a LOT of time reading up on nutrition. I really didn't learn anything new. Also, she refers to the FDA rules a lot, and anyone with anything beyond basic knowledge about nutrition knows that often times that just isn't enough. She was playing it safe. Having said that, if you don't have much knowledge about the nutrition end of sports and fitness, this book is a good and very thorough place to start.

Always informative! I like the fact that she talks about the average exerciser as well as athletes. She covers everything from maintenance to weight loss as well as weight gain. She explains how to calculate and utilize formulas for your own nutritional needs. Love the recipes also! My favorite being the recipe for the homemade Gatorade! Love it! Will definitely use this as a reference!

Great guide for people who want to become active and increase the amount of activity but are unsure how to eat. This has continued to shape my diet for nearly 4 months. I still reference it months later. Plus recipes at end provide a good point for people who cook, which I don't. ENJOY!

I am currently training for my first marathon. I needed a book that would teach me how to eat for the long runs, help me to lose weight and have the energy I need. Nancy Clark's book is practical, easy to understand and it works for me. The recipes in the back of the book are great - even my kids are eating them! This is not the kind of book that you just read once through. The book is packed with information. It is a reference tool. I refer back to it often as I have questions and am working to fine tune my eating. I heartily recommend Nancy Clark's Sports Nutrition Guidebook!

This is a nice book. I don't think all of Nancy's recommendations work for everyone, but I think her general ideas are great. It really helped me improve my backpacking food plan and gave me more energy.

Excellent book so far...I've only had it for a couple of weeks but I can't put it down! I definitely recommend this book for any one interested in expanding their knowledge in nutrition; especially good for any one working in the health field including nurses, personal trainers, etc.

I have bought every new edition that has come out since 2003. This book is perfect for anyone at almost any level and not just for sports nutrition. It is one of the best nutrition guide books I have seen out there.

I'm a little more than halfway through this book, which has been fantastic. I know a fair amount about health and nutrition but this book takes an in-depth look into the subjects and I have learned so much.

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