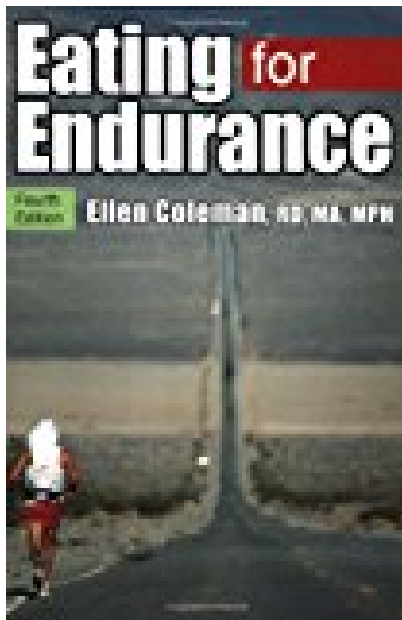


Eating for Endurance



BOOK DETAILS

- Author : Ellen Coleman RD MA MPH
- Pages : 196 Pages
- Publisher : Bull Publishing Company
- Language : English
- ISBN : 0923521755

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BOOK SYNOPSIS

The standard guide to nutrition for anyone who exercises or plays sports, this updated reference describes the fuel the body needs and how best to adjust diet and eating habits for both health and performance. It includes the latest findings on carbohydrate loading, fat as fuel, and the role of protein, vitamins, and minerals, along with recent data on caffeine, sugar, and the critical role of hydration. Written in a straightforward, friendly style, the book offers specific advice for different levels of fitness and different types of activities.

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