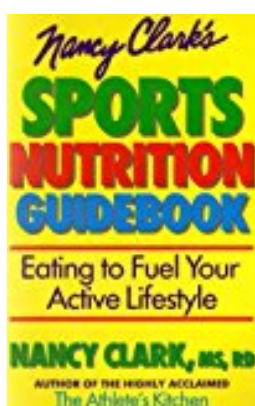


[PDF] Nancy Clark's Sports Nutrition Guidebook

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Books Details:

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Author: Nancy Clark

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Description:

What's the best diet for good health and athletic performance? Nancy Clark, M.S., R.D., describes the dietary balance and specific foods shown to be optimal for athletes from recreational exercisers to Olympic hopefuls, citing supporting studies. Refreshingly free of high-protein hype, Clark emphasizes a varied, wholesome, moderate diet high in complex carbohydrates ("without question, wholesome carbohydrates are the best choices for fueling your muscles and promoting good health"), especially whole grains and starches; adequate but not excessive protein; and 20 to 35 percent fat. Learn the components and variables of your ideal diet, with tables of nutritional

information and marvelous tidbits, such as calorie/fat counts of various fast foods. Did you realize that an Au Bon Pain pecan roll has 800 calories and 45 grams of fat--double the calories/fat in a serving of KFC's Crispy Strips? Did you know that a Dunkin' Donuts 16-ounce Coffee Coolatta with cream has 410 calories and 22 grams of fat--about equivalent to a McDonald's Quarter-Pounder? Clark, a well-known sports nutrition expert, also covers weight loss, weight gain, eating disorders, and includes 72 recipes. Highly recommended for athletes, exercisers, and average folk who want to understand how to design a personalized diet. --*Joan Price* --This text refers to an out of print or unavailable edition of this title.

From School Library Journal YA-- As a consultant to the Boston Celtics, Clark is well equipped to advise sports aficionados on their training diets. Although her focus is primarily on the serious athlete, her nutrition tips can be useful to anyone desiring a healthy lifestyle. Discussion of the carbohydrate issue, foods to eat before and after exercising, fluids, and supplements are presented. There is also a section on weight control tips as well as suggestions for gaining weight. Healthful recipes with nutritional and caloric information complete the volume. Most of this information is basic and is available elsewhere, but Clark's abundant use of charts and diagrams and her enthusiastic presentation make the book a winner. --Anne Paget, Episcopal High School, Bellaire, TX
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