



# The Complete Guide to Sports Nutrition (Complete Guides)

By Anita Bean

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*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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### Editorial Review

#### Review

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#### About the Author

**Anita Bean** is an accomplished sportsperson, one of the UK's most respected nutritionists and a bestselling author. She is also a regular contributor to many health magazines.

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This The Complete Guide to Sports Nutrition (Complete Guides) is great guide for you because the content and that is full of information for you who all always deal with world and get to make decision every minute. This book reveal it facts accurately using great organize word or we can claim no rambling sentences inside it. So if you are read this hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but tough core information with beautiful delivering sentences. Having The Complete Guide to Sports Nutrition (Complete Guides) in your hand like getting the world in your arm, data in it is not ridiculous a single. We can say that no publication that offer you world with ten or fifteen minute right but this guide already do that. So , this is good reading book. Heya Mr. and Mrs. occupied do you still doubt which?

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