
Nutrition For Sport And Exercise By Marie Dunford

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June 1st, 2020 - nutrition for sport and exercise print email page 4 of 6 fat fat is essential for the body in small amounts but it is also high in calories consuming too much fat can lead to excess calorie intake which can lead to weight gain over time so this is a particular concern if you re trying to control your weight the type of fat consumed is'

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*principles through practical tools such as food and nutrient lists recipes and menu options this practical guide translates the athlete's goals into achievable strategies and shortens the gap between theory and practice"***journal of the international society of sports nutrition**

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May 31st, 2020 - nutrition for sport and exercise nutrition for sport and exercise print email page 3 of 6 protein protein is important in sports performance as it can boost glycogen storage reduce muscle soreness and promote muscle repair for those who are active regularly there may be benefit from consuming a portion of protein at each mealtime and'

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