



# Sports Nutrition (Nutrition and Health)

*Jennifer Mackay*

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## **Sports Nutrition (Nutrition and Health)** Jennifer Mackay

This new title in Lucent's Nutrition and Health series deals with the nutrition as part of sports. It delves into how diet impacts athletic performance and which types of food should be eaten for particular sports. The title stresses the importance of a h; This series provides users with accessible information for evaluating the often conflicting and ever-changing issues surrounding nutrition and healthy living.; Individual volumes focus on a specific health or nutrition-related topic, such as body image, diets and dieting, junk food, or vegetarianism. Each contains a topic overview, information about changing trends, up-to-date scientific analysis, and a look at

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