

MACROELEMENTS, WATER, *and* ELECTROLYTES

in Sports Nutrition



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JUDY A. DRISKELL
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Macroelements Water And Electrolytes In Sports Nutrition

Judy A. Driskell



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development and exercise This book and its companion book *Macroelements Water and Electrolytes in Sports Nutrition* address the relationship of macronutrient and macroelement needs and interactions to sports and exercise Ideal for individuals working in research in the energy areas of sports nutrition *Energy Yielding Macronutrients Energy Metabolism in Sports Nutrition* includes reviews of digestion absorption energy gains from energy yielding macronutrients nutritional implications of gender and age differences in energy metabolism and weight loss and gain as influenced by caloric needs Containing work by both editors and contributors accomplished in the field this book provides new and provocative insights into the relationship between energy yielding macronutrients and exercise CRC Desk Reference on Sports Nutrition Mark Kern,2005-05-12 The landscape of sports nutrition is dramatically altering as those in search of optimal performance are moving the field from haphazard alchemy to exact science Currently thousands of products from ancient herbs and old standards to hormone extractions and test tube concoctions compete for a place at the training table of both professional

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