Contents

Section I: Concepts of Sports Nutrition

1.	Introduction to Nutrition, Exercise and Fitness	3
2.	Fuel for Exercise and Sport: Bioenergetics of Exercise	19
3.	Body Composition	40
4.	Carbohydrates	54
5.	Fats	72
6.	Proteins	88
7.	Micronutrients: Vitamins and Minerals	110
8.	Water and Electrolytes	150
	ction II: Sports Specific Nutrition and etary Guidelines	
9.	Essentials of Diet Planning for Sportspersons	175
10.	Nutrition for Endurance Sports: Marathon, Road Cycling and Triathlon	186
11.	Nutrition for Sports Events that Need Strength, Power and Speed	203
12.	Nutrition for Team Sports	218
13.	Nutrition for Racket Sports	233
14.	Nutrition for Weight Class Sports	247
	Nutritional Supplements: Composition, Use, Effects and Safety ndex	265 <i>319</i>