



## Sports Nutrition

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Sports Nutrition is dedicated to the evaluation and manipulation of athletic performance through nutrition and diet. Knowledge of topics like dietary regimes, nutrition, food supplements and their impact on the overall health and performance of athletes/sportspersons, etc. is absolutely essential for the thorough understanding of sports nutrition. This book will equip the reader with a sound understanding about these topics along with the various factors influencing the nutritional requirements of athletes, like gender, age, body mass index, etc. It will successfully cater to the needs of students and healthcare professionals alike.

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