Clinical Sports Nutrition
THIRD EDITION

LOUISE BURKE & VICKI DEAkin
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*Mikael Fogelholm*

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Few movies have a sequel that is better than the original story, and even fewer go on to produce further offspring. However, with the input of our expanded list of authors and the support of McGraw Hill, *Clinical Sports Nutrition* goes into its third edition. We feel that, like the discipline of sports nutrition itself, this textbook is growing in both its depth and its recognition. On the local scene, Sports Dietitians Australia, who gave birth to the original book, has begun to recognise Fellows within its memberships. At the international level, we welcome the creation of Sports Dietitians-USA, the Diploma of Sports Nutrition from the International Olympic Committee, and the plans to create a new global organisation for the networking of sports dietitians and sports nutritionists.

This third edition of *Clinical Sports Nutrition* provides an update on the science and practice of sports nutrition from the successful second edition of this text. The unique format of each chapter combines the viewpoints of two sports nutrition experts:

- the scientific principles underpinning each issue are reviewed by an internationally recognised nutritionist with extensive research experience
- a sports dietitian summarises the practice tips that can be drawn from these principles.

Topics include nutritional assessment of athletes, measuring physique, weight loss and weight making, post-exercise recovery, nutritional strategies before and during competition, iron depletion, micronutrient needs, eating disorders in athletes, supplements and sports foods, and requirements for special athletic populations and environments (e.g. children, vegetarians and Masters athletes).

The new edition includes the latest information in sports nutrition including updates in the position stands and consensus viewpoints from international bodies.
such as the International Olympic Committee and the American College of Sports Medicine. Our new features are commentaries on anti-oxidant needs of athletes, the Female Athlete Triad and nutritional strategies to reduce the risk of illness in athletes.

This textbook is aimed at students interested in a career in sports nutrition, and sports nutrition professionals who need to translate science into their practice with athletes and coaches. We wish all of you excellence in your endeavours and hope that *Clinical Sports Nutrition* can assist you on this pathway.
Acknowledgments

Thank you to our authors who contributed chapters to this book on a tight time-frame. Email and the Internet make our lives easier, by making it easier for us to communicate with each other and work on manuscripts together. But it also provides us with constant interruptions that take us away from writing—and more importantly, from our families, friends and workplaces. We appreciate the expertise and experience of all of our authors, but also the gift of their precious time. We thank their families for being understanding—and in particular, the men in our lives—Lachlan Deakin, and John and Jack Hawley.

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Finally we thank all the coaches and athletes with whom we have worked, and who continue to challenge us to bring out the best in them and ourselves through good nutrition.
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Clinical Sports Nutrition, third edition, is the definitive reference book for sports nutrition professionals, sports medicine practitioners, coaches, trainers and students of sports science.

Providing current and comprehensive coverage, the book successfully integrates the science and practice of sports nutrition. The unique format of each chapter combines the viewpoints of two sports nutrition experts:

- the scientific principles underpinning each issue are reviewed by an internationally recognised nutritionist with extensive research experience
- a sports dietitian summarises the practice tips that can be drawn from these principles.

The third edition includes the latest information and research in sports nutrition including updates in the position stands and consensus viewpoints from international bodies such as the International Olympic Committee and the American College of Sports Medicine. New contributions include commentaries on the anti-oxidant needs of athletes, the Female Athlete Triad and nutritional strategies to reduce the risk of illness in athletes.

Other topics include nutritional assessment of athletes, measuring physique, weight loss and weight making, post-exercise recovery, nutritional strategies before and during competition, iron depletion, micronutrient needs, eating disorders in athletes, supplements and sports foods, and requirements for special athletic populations and environments.

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