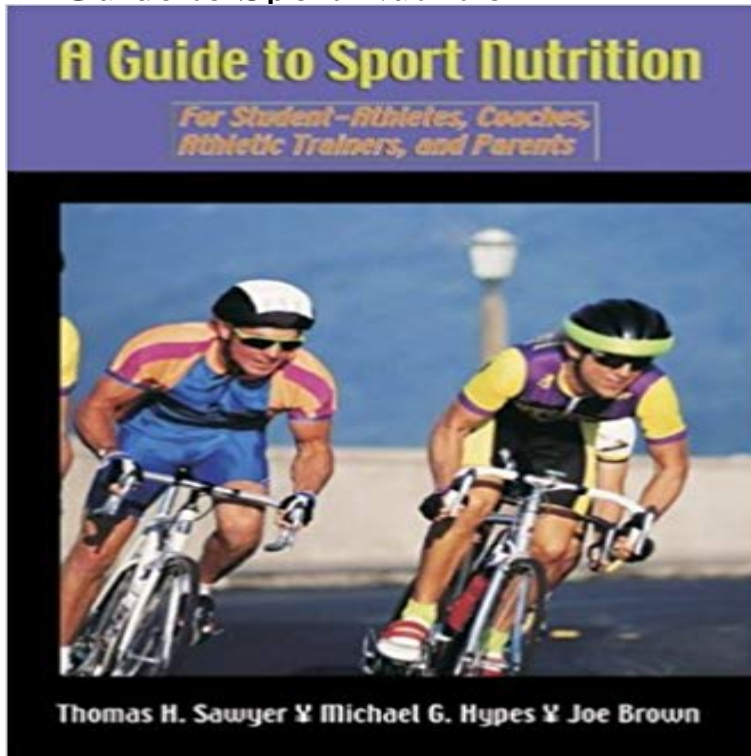


A Guide to Sport Nutrition



Based on the latest research and recommendations of health authorities, this guide provides today's athletes, coaches, trainers, and parents sound, up-to-date nutritional information. A Guide to Sport Nutrition will help you identify and meet your nutritional goals while avoiding potential hazards. You are what you eat!

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