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It is well known that fats, proteins, and carbohydrates are all energy-yielding nutrients that influence health and physical performance. Yet many recreational, collegiate, and professional athletes still consume more fats, saturated fats, and cholesterol than is recommended, as well as inappropriate amounts of proteins. What is needed is a nuts and bolts reference to guide athletes, coaches, and trainers to make educated choices when designing a diet to yield optimal performance.

Sports Nutrition: Fats and Proteins is an up-to-date compilation of critical reviews on the influence of dietary and supplemental fats and proteins on physical performance. Each chapter is written by a recognized scientist with notable expertise in the area of fat or protein as it relates to exercise and sports. It provides a detailed introduction to sports nutrition with an emphasis on the influence of fats and proteins. Covering the quantity and types of fats that effect performance and health, the book includes a general chapter on total fats, saturated fats, and cholesterol, as well as chapters on specific supplements including omegas-3 and -6, medium-chain triglycerides, conjugated linoleic acid, wheat germ oil, and octacosanol. The book also focuses on proteins and the amounts, types, and combinations of selected supplements and their role in performance. Well-researched articles analyze whey, soy, and casein proteins; select amino acids such as creatine, glutamine, and branched-chain; and other beneficial supplements. The book concludes with a discussion of recommended intakes of the energy-yielding nutrients and, more importantly, recommended proportions of carbohydrates to fats to proteins.

Armed with the valuable information found in Sports Nutrition: Fats and Proteins, sports nutritionists, fitness professionals, researchers, and the well-informed layman can create and tailor the appropriate diet to help them and others maximize performance and reach their highest potential.