



Energy-Yielding Macronutrients and Energy Metabolism in Sports Nutrition (Nutrition in Exercise & Sport)

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Detailing the energy-yielding macronutrients, carbohydrates, lipids, and proteins, this book discusses the body's need for these nutrients for growth, development and exercise.

This book and its companion book "Macroelements, Water, and Electrolytes in Sports Nutrition" address the relationship of macronutrient and macroelement needs and interactions to sports and exercise.

Ideal for individuals working in research in the energy areas of sports nutrition, Energy Yielding Macronutrients & Energy Metabolism in Sports Nutrition includes reviews of digestion, absorption, energy gains from energy-yielding macronutrients, nutritional implications of gender and age differences in energy metabolism, and weight loss and gain as influenced by caloric needs.

Containing work by both editors and contributors accomplished in the field, this book provides new and provocative insights into the relationship between energy-yielding macronutrients and exercise.

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Caleb Jones:

With this era which is the greater man or woman or who has ability in doing something more are more special than other. Do you want to become considered one of it? It is just simple approach to have that. What you must do is just spending your time very little but quite enough to experience a look at some books. One of several books in the top checklist in your reading list is definitely Energy-Yielding Macronutrients and Energy Metabolism in Sports Nutrition (Nutrition in Exercise & Sport). This book that is certainly qualified as The Hungry Slopes can get you closer in turning out to be precious person. By looking right up and review this guide you can get many advantages.

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