

ACSM's Nutrition for Exercise Science



SECOND EDITION



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Ten Things You Need to Know About Sports Nutrition



- 1.** Look Beyond “Body Weight” When Determining Health



- 2.** Building Muscle Takes More Than Just Protein



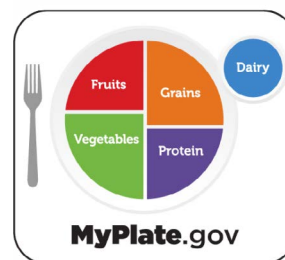
- 3.** Protein: It's Not Just More, But When and How Much



- 4.** Infrequent Meals Cause Problems



- 5.** Fresh Foods Help the Microbiome Keep You Healthy



- 6.** Good Food/ Bad Food: Wrong Choice



- 7.** Relative Energy Deficiency in Sport (RED-S) can be a Problem



- 8.** Poor Hydration, Poor Performance



- 9.** Recovery from Exercise is Just as Important as the Exercise



- 10.** It Is Important to Learn How to Lower Stress

- Do Better
- Feel Better
- Stay Healthier
- Enjoy Life

