



Estratégias de Nutrição e Suplementação no Esporte (Portuguese Edition)

Simone Biesek, Letícia Azen Alves, Isabela (orgs.) Guerra

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Estratégias de Nutrição e Suplementação no Esporte oferece uma abordagem abrangente, realizada pela primeira vez por profissionais brasileiros, dos avanços alcançados no campo da nutrição esportiva.

O livro está estruturado em duas partes. A primeira apresenta os capítulos relativos a macronutrientes, micronutrientes, necessidades hídricas voltadas para praticantes de atividade física e avaliações dietética, bioquímica e antropométrica no atleta. A segunda parte expõe ampla discussão sobre recursos ergogênicos e peculiaridades nutricionais em várias modalidades esportivas como alpinismo, atletismo, maratona, triatlo, natação, futebol e treinamento contrarresistência.

Para finalizar, a obra traz apêndices que oferecem diversas ferramentas de interesse para os profissionais que atuam em nutrição esportiva, entre elas: tabela e cálculo do índice glicérico de alimentos e tabelas com a composição química de vários produtos para praticantes de atividade física.



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