

Nancy Clarks Sports Nutrition Guidebook 5th Edition

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Nancy Clark's Sports Nutrition Guidebook offers solutions from the nation's leading sports

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Synopsis. About this title. Provides nutritional advice for serious and casual athletes and includes recipes designed to boost one's health and fitness. Original. "synopsis" may belong to another edition of this title. About the Author: Nancy Clark, MS, RD, CSSD, renowned author and board-certified specialist in sports dietetics, is known for her ability to translate the science of nutrition for exercise and health into practical tips to enhance performance, manage weight, and resolve eating ...

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~~Sports Nutrition Guidebook - Nancy Clark RD~~

Nancy's best selling Nancy Clark's Sports Nutrition Guidebook has sold over 750,000 copies. It is now available in its 6th edition (2019). Her food guides for new runners, marathoners, soccer players and bicyclists, are handy resources. They include tips on daily eating and how to effectively lose weight.

~~Nancy Clark RD - Sports Nutritionist & Author~~

To help you fuel your body for high energy, strength and stamina, sports nutritionist Nancy Clark MS RD CSSD and co-author Gloria Averbuch of Women's Professional Soccer have teamed up to write a handy guide that's chock-full of tasty recipes. The sixth edition of Nancy Clark's Sports Nutrition Guidebook.

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Nancy also writes a monthly nutrition column called The Athlete's Kitchen, which appears regularly in over 100 sports and fitness publications and websites.

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