



382

Calories

73g

Carbohydrate

21g

Protein

23

Vitamins & Minerals



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Pro Nutrition Guide

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Nutrition and Fitness Manual Ryerson Polytechnical Institute. Library. Nutrition Information Service,1983 Intended for use by fitness instructors coaches nutritionists and other program leaders this five section manual covers topics ranging from curriculum guides for elementary school children to dietary regimes used by professional athletes The role of nutrients and the use of Canada s Food Guide are reviewed briefly in the first section Relationships between nutrition and fitness related lifestyle factors and health status are summarized in section 2 The third section provides an overview of energy balance as it specifically relates to weight control diet and exercise are considered The effects of nutrition on athletic performance are examined in section 4 Each of these four sections is referenced and supplemented by recommended reading lists The fifth section provides additional recommended background references Material is classified by the type of resource curriculum guides teaching aids and audiovisuals periodicals and organizations JD

The Councillor's Manual Abijah Murray,1905

Pocket Atlas of Nutrition Hans Konrad Biesalski,Peter Grimm,2011-01-01 With obesity and diabetes assuming alarming epidemic proportions diet and nutrition are in the spotlight more than ever before It has never been more important for health care professionals to be well informed not only about the latest developments but also about the scientific facts The Pocket Atlas of Nutrition is an accessible guide to all aspects of nutrition from basic chemistry to the most recent dietary guidelines Includes More than 150 easy to understand full color plates A comprehensive list of nutrients including for each its composition effect function occurrence and daily requirements as well as recommended intake An extensive listing of all vitamins minerals trace elements as well as non nutritive substances with their function and interaction Accessible discussions of special diets as well as nutritional recommendations for various medical conditions and throughout the life course e g for pregnant women or athletes Up to date coverage of food related diseases including BSE genetically modified foods food quality food allergies and functional foodsWe are bombarded by new information and claims about nutrition every day The Pocket Atlas of Nutrition concise practical and designed for quick reference is an ideal basic guide for professionals and interested lay readers alike

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