
Essentials of Sports Nutrition

Second Edition

FRED BROUNS PhD

*Nutrition and Toxicology Research Institute, Maastricht University, Maastricht,
The Netherlands*

CERESTAR–CARGILL

Vilvoorde R&D Center, Vilvoorde, Belgium



JOHN WILEY & SONS, LTD

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First published 1993, as *Nutritional Needs of Athletes*

Copyright © 1993, 2002 John Wiley & Sons Ltd, The Atrium, Southern Gate, Chichester,
West Sussex PO19 8SQ, England

Telephone (+44) 1243 779777

Email (for orders and customer service enquiries) cs-books@wiley.co.uk

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Other Wiley Editorial Offices

John Wiley & Sons Inc., 111 River Street, Hoboken, NJ 07030, USA

Jossey-Bass, 989 Market Street, San Francisco, CA 94103-1741, USA

Wiley-VCH Verlag GmbH, Boschstr. 12, D-69469 Weinheim, Germany

John Wiley & Sons Australia Ltd, 33 Park Road, Milton, Queensland 4064, Australia

John Wiley & Sons (Asia) Pte Ltd, 2 Clementi Loop #02-01, Jin Xing Distripark, Singapore 129809

John Wiley & Sons Canada Ltd, 22 Worcester Road, Etobicoke, Ontario, Canada M9W 1L1

Library of Congress Cataloging-in-Publication Data

Brouns, F. (Fred)

Essentials of sports nutrition / Fred Brouns.—2nd ed.

p. cm.

New ed of: Nutritional needs of athletes / Fred Brouns. c1993.

Includes bibliographical references and index.

ISBN 0-471-49764-9 (cased)—ISBN 0-471-49765-7 (paper)

1. Athletes—Nutrition. I. Brouns, F. (Fred). Nutritional needs of athletes. II. Title.

TX361.A8 B74 2001

613.2'024'796—dc21

2001026860

British Library Cataloguing in Publication Data

A catalogue record for this book is available from the British Library

ISBN 0-471-49764-9 (cased)

ISBN 0-471-49765-7 (paper)

Typeset in 10/12 Palatino by Mathematical Composition Setters Ltd, Salisbury, Wiltshire

Printed and bound in Great Britain by Biddles Ltd, Guildford and King's Lynn

This book is printed on acid-free paper responsibly manufactured from sustainable forestry in which at least two trees are planted for each one used for paper production.

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Preface

This book aims to give a scientific but easily understood overview of aspects related to nutrition and physical activity, especially of people involved in regular training with the goal to improve intensive sports performance.

The book refers to a large number of scientific reviews and publications, which have appeared in peer reviewed scientific journals. This means that these publications have survived the criticisms of the reviewers and that the interpretations are in line with existing scientific consensus.

To achieve a maximal degree of scientific consensus, the first draft of the manuscript was sent to a number of experts in the field of exercise and nutritional sciences. Selection of these experts was based on their actual research activities and their internationally known expertise in different fields of sport nutrition. Their reviews and criticisms were gratefully acknowledged and resulted in the final manuscript, published in 1993. This text received international attention, resulting in publication in German, French, Spanish and Japanese. The book's wide use as an educational text in graduate courses of sports sciences, physical education and sports medicine has led to numerous suggestions on how to further improve the contents. The current revised and updated book is the result of this process.

Fred Brouns

Acknowledgements

The helpful contributions of the following experts who critically reviewed and discussed the First Edition, to realize a status of scientific consensus in the final manuscript, have been gratefully acknowledged:

| | |
|------------------------------|-------------|
| Prof. M. Williams | USA |
| Prof. W.H.M. Saris | Netherlands |
| Prof. Abel Mariné-Font | Spain |
| Prof. Dr. Clyde Williams | England |
| Prof. Ron J. Maughan | Scotland |
| Prof. Sigmund B. Strømme | Norway |
| Doz. Dr Peter Baumgartl | Austria |
| Prof. Michael Hamm | Germany |
| Dr Klaus-Jürgen Moch | Germany |
| Prof. Michel Rieu | France |
| Dr Charles-Yannick Guezennec | France |
| Dr Nancy J. Rehrer | New Zealand |