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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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Her best-selling Nancy Clark's Sports Nutrition Guidebook has sold over 750,000 copies and now is available in a new 6th edition (2019) as a CPE program from Wolf Rinke Associates. 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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