

RECENT PUBLICATIONS

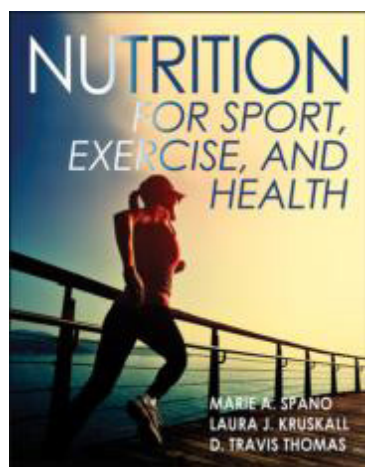
Book reviews

Nutrition for sport, exercise, and health

(Alimentația pentru sport, efort fizic și sănătate)

Authors: Marie A. Spano, Laura J. Kruskall, D. Travis Thomas
Human Kinetics, 2018

488 pages; Price: \$75,95 (paper)/ \$58,31(eTextbook)



Nowadays, there is a plethora of nutrition misinformation which is assaulting us through television, internet, magazines, etc. What is worst and most dangerous with this type of information is that besides the numerous channels of distribution, it is so accessibly formulated that it frequently becomes more attractive and persuasive than real scientific based information. It is under these circumstances that *Nutrition for Sport, Exercise, and Health*, the latest book in the field of Human Kinetics, brings the most recent practical information that people - whether involved in sport or not - need to know and apply for improving their everyday lives and performances.

Being organized in a logical sequence, the text covers not only the basics of nutrition for health and disease prevention, and for training and sports, but also practical information on assessing and improving body composition. All this content makes it an excellent backed-by-science source of knowledge for large categories of students and professionals involved in human health and performance.

The full-color text includes over 40 photos and more than 130 illustrations, whereas each chapter contains several very useful features - chapter objectives, key terms, review questions, and others - which facilitate and enhance the understanding and acquisition of the content.

From a structural perspective, the text is organized into four parts and 14 chapters. The first part is the shortest, being composed of only two chapters, while each of the next parts has an additional chapter compared to the previous one.

Part I provides the readers with general information on nutrients and nutrient requirements in the first chapter, and also on energy metabolism in the second chapter, within which we consider of special practical interest the section related to the measurement of energy intake and expenditure. The three chapters of the second part are dedicated to macronutrients: carbohydrates, fats, and proteins. In each case, the text addresses nutrient digestion, absorption and metabolism, as well as specific aspects of these, such as glycemic response, triglycerides and health, and the impact of protein deficiency or excess, respectively. The 5th chapter deals with protein quality and its importance, with vegetarianism and veganism. The effects of micronutrients (vitamins, minerals, and water plus electrolytes) on human health and performance are presented within the first three chapters of the third part, while the final one - the 9th chapter - provides all the necessary updated information on nutritional supplements, drugs commonly used in sports, and alcohol. Finally, the 4th part, “Application of nutrition for sport, exercise and health”, contains the last five chapters. Two of these - namely the 10th and the 13th chapters - deal with different aspects of the same topic: body weight and composition. This separate distribution seems to be explained by the authors’ desire to exclusively allocate the last four sections of the book to applicative aspects: “Nutrition for aerobic endurance” (chapter 11), “Nutrition for resistance training” (12), “Changing weight and body composition” (13), and “Nutrition concerns for special populations” (14).

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