

## **CHAPTER 11**

### **NUTRITION: FITNESS AND SPORTS**

#### **OVERVIEW**

This chapter begins by addressing the relationship between nutrition and fitness. Exercise program guidelines for the general population are presented. Energy metabolism and how the macronutrients used during different muscular activities set the stage for a discussion of good dietary principles for athletes. Issues such as rapid weight loss; carbohydrate loading; diets for building muscle; special vitamin and mineral needs; the pre, during and post-event meals and fluid consumption are covered. Ergogenic aids are also discussed.