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INTRODUCTION



This book has been created for recreational to professional sporters having healthy questions about energy expenditure, carbohydrates, proteins, fats, hydration, vitamins and minerals, how to calculate their needs and how to plan a diet. Everyone's body is different, but also there is a difference in your body's energy needs during a regular working day or when you go hiking on a day off. Mind the differences fuelling your body before, during and after exercise to have an optimal preparation and recovery and not to forget, to prevent injuries.

The biggest part of this book takes you through older and the newest supplements related to sport. So many options have been developed by so many brands and some could be worth considering the use of it and others should rather be discouraged. Have a look at this chapter if you are doubting about a new supplement or if you got the question from a client or a friend. For every supplement in this book a subchapter is made defining the supplement, what it is supposed to do in your body, proven evidence, if you really need it, which protocol to use, and the expected side effects of taking this supplement.

The next chapters conclude weight loss and weight gain, issues around the female athlete, the young athlete, the senior athlete, the vegetarian athlete, the vegan athlete, the diabetic athlete, and the gluten-free athlete.

This book is non-sponsored and all information in it has been evidence based.

To make a great finish you will get your own calculated personal programme, some meal examples and some myths to be revealed!

Please take into account that most values are based on the World Health Organisation, the Superior Health Council, highly educated colleagues worldwide

and my studies at Leuven, Antwerp, Bruges and Teramo. This book is non-sponsored and all information in it has been evidence based. I would like to mention that daily advisable intakes might differ between parts of the world as our anatomy and morphology might show some differences.

Every country uses its own Food Model, f.e. Belgium uses De Omgekeerde Voedingsdriehoek, The Netherlands De Schijf van Vijf, Germany Die Dreidimensionale Lebensmittelpyramide. If you do not like playing with numbers and calculating your needs, using the Food Model of your country or the Sports Food Pyramid in this book can help you achieve your first great achievements!

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