



Nutrient Timing: Metabolic Optimization for Health, Performance, and Recovery

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Sports nutrition has evolved beyond what to eat and how much to eat to now include the question of *when* to eat. A hot topic in sports nutrition, nutrient timing is a dietary concept that takes into account time as a missing dimension in athletic performance and recovery. Not only is the consumption of nutrients in ideal amounts and proportions important, but the timing with which they are administered is also of prime importance—the right nutrients at the ideal time to affect performance and muscular growth. **Nutrient Timing: Metabolic Optimization for Health, Performance, and Recovery** presents the most authoritative text to date that scientifically examines the contemporary topic of nutrient timing.

Worldwide research continues to rapidly explore the metabolic impact of nutrient timing and how its proper application may help to improve performance. With contributions from scientists and practitioners in the field, this book gathers the latest evidence-based information on this cutting-edge area. The chapters cover macronutrients—carbohydrates, proteins, and lipids—and their role in sporting activity, as well as an examination of vitamins and minerals. The core of the book focuses on pre-exercise, mid-exercise, and post-exercise considerations for both resistance and aerobically mediated activity. Using the models presented, individuals may improve performance, promote optimal adaptations to training, maximize recovery, and facilitate healthy interactions with their environment.

The final chapters of the book describe future concepts in nutrient timing, including the impact of protein source in the context of timing, how nutrient timing can fit in with a comprehensive recovery program, and the application of the ideas discussed in unique populations such as the aged, the military, and populations interested in weight loss. This text provides solid data from the scientists themselves, giving researchers, teachers, coaches, and medical and health care professionals the necessary information they need to accurately and effectively determine how nutrients can impact certain outcomes and, most importantly, how to practically apply this knowledge.

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