

## Foreword



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*Consulting Editor*

**H**ere is an issue that is sure to whet your appetite—sports nutrition! Ever wonder how to plan a pregame meal or how to encourage your athletes to eat and drink the right stuff? Whatever happened to the female athlete triad—and does it just apply to anorexics? How about the “freshman 15”—does it apply to athletes? How about supplements? Are we making sure our athletes eat right? Is there any truth to the axiom that you are what you eat? Well, if you don’t know—read on!

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