

Preface



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Guest Editor

Sports nutrition is often the missing piece in the athlete's training regimen. The attention and effort are directed toward optimizing strength, speed, stamina, and recovery, but too often, nutrition is not the priority, resulting in performance impairment rather than enhancement. Sports medicine professionals need to be able to educate athletes on not only the what (food and drink), but also the why, when, where, and how much to consume. Athletes are bombarded with nutrition information, but much of what they read can be contradictory, confusing, or incorrect.

As important as hydration is to performance, most athletes fall short of recommendations. Ganio and colleagues provide a new look at this issue and put to rest some of the fallacies surrounding hydration.

Athletes know that carbohydrates are important to optimize performance and recovery, but there is a lot of controversy surrounding protein requirements. Tipton and Witard present the theoretical recommendations along with the practical so that we can more appropriately educate athletes.

Body composition is a sensitive but sometimes necessary issue to address with athletes, but incorrect standards may lead to deleterious consequences for athletes. Malina offers recommendations for body composition assessment and estimated body fat so that we can provide science-based tables to help athletes with body composition concerns.

Beals and Meyer share insight into some of the devastating consequences of the female athlete triad and how to manage an athlete who is affected by the triad.

Rosenbloom and Dunaway focus on nutritional recommendations for masters athletes, a rapidly growing field. Clark and Volpe address two other

“hot” areas: Nutrient recommendations for joint health and micronutrient requirements for athletes.

If we provide athletes with factual, practical, and science-based sports nutrition recommendations, we keep them in their game, optimize their health, and expedite their recovery from injury.

A round of applause to all the authors for their excellent and insightful contributions in providing food for thought, and to Deb Dellapena for bringing this edition to fruition.

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