



The Internet offers an amazing array of sports nutrition information—but it also contributes to great confusion. Many runners complain to me about information overload; they have no idea whom to believe and how to determine which websites offer reputable advice. No wonder; if you google “credible sports nutrition information,” you’ will find over four million links!

If you are like most runners, you simply want to know how to find valid information that tells you what and when to eat to perform at your best. Here’s a list of websites, books, and key resources to help you fuel wisely, eat healthfully, and feel confident with your food choices.

## WEBSITES

Some excellent Internet resources include:

[www.PowerBar.com/nutrition-in-training](http://www.PowerBar.com/nutrition-in-training) and [www.gssiweb.org](http://www.gssiweb.org) Both PowerBar and The Gatorade Sports Science Institute offer excellent sports nutrition articles written by leading sports scientists. Educational, not just promotional!

[www.ausport.gov.au/ais/nutrition](http://www.ausport.gov.au/ais/nutrition) The Australian Institute for Sport has abundant sports nutrition fact sheets as well as information on supplements and body size/shape.

[www.MomsTeam.com/nutrition](http://www.MomsTeam.com/nutrition) Information for parents of young athletes

[www.whfoods.org](http://www.whfoods.org) The World's Healthiest Foods website is packed with information about the healthiest ways of eating and cooking. (Check out “What happens when I eat a bowl of cereal?” to see animated digestion in action!)

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) This website offers extensive resources for people who struggle with food, weight, and body image issues, as well as offers support for loved ones.

## **NEWSLETTERS**

For monthly mailed newsletters that offer detailed yet easy to read coverage of current nutrition, wellness and fitness concerns, check out:

--Tufts Health & Nutrition Newsletter ([tuftshealthletter.com](http://tuftshealthletter.com); \$24)

--Berkeley Wellness Letter ([www.wellnessletter.com](http://www.wellnessletter.com); \$24).

--Nutrition Action Healthletter by the Center for Science in the Public Interest. CSPI challenges the food industry to clean up their act! ([www.CSPI.net](http://www.CSPI.net); \$20)

## **BOOKS**

While few of today's athletes take the time to sit down and read a book, they can certainly benefit from using well-indexed books as a resource. Some titles I recommend:

General nutrition books:

- The American Dietetic Association's Complete Food & Nutrition Guide by Roberta Duyff RD
- The Best Things You Can Eat by David Grotto RD
- Cooking Light. The Food Lover's Healthy Habits Cookbook with Janet Helm RD
- Secrets of Feeding a Healthy Family: Orchestrating and Enjoying the Family Meal by Ellyn Satter.

### **Sports nutrition books**

And now for some shameless self-promoting...

- Nancy Clark's Sports Nutrition Guidebook, new 5th edition.

Having sold over 550,000 copies, this easy-to-read resource is considered by many athletes to be their “nutrition bible.” It's comprehensive yet enjoyable—and even has a recipes.

You might also enjoy my sport-specific books that make useful gifts for friends, family and teammates:

- Food Guide for Marathoners: Tips for Everyday Champions

- Food Guide for New Runners: Getting It Right From the Start
  
- The Cyclist's Food Guide: Fueling for the Distance
  
- Food Guide for Soccer: Tips and Recipes from the Pros

**Other excellent sports nutrition books include:**

- Endurance Sports Nutrition, new 3rd Edition by Suzanne Gerard Eberle RD
  
- Power Eating, new 4th edition, by Susan Kleiner RD
  
- Vegetarian Sports Nutrition by Enette Larson-Meyer RD.
  
- Diabetic Athlete's Handbook by Sherri Colberg
  
- The Athlete's Guide to Sports Supplements by Kimberly Mueller RD and Josh Hingst

**Books on Weight issues, Dieting, Eating Disorders**

An estimated 30 to 60% of female athletes (as well as a smaller number of males) struggle with balancing food, weight, and exercise. If you or someone you know struggles with disordered eating patterns, let them know they are not alone and can benefit from these self-help books.

- 8 Keys to Recovery From an Eating Disorder by Carolyn Costin
  
- The Don't Diet, Live-It! Workbook: Healing Food, Weight and Body Issues by A. LoBue and M. Marcus.
  
- Intuitive Eating: A Revolutionary Program That Works by E. Tribole RD and E. Resch RD.
  
- The Exercise Balance: What's Too Much, Too Little, Just Right by P. Powers. and R. Thompson.
  
- Making Weight: Healing Men's Conflicts with Food, Weight, Shape & Appearance by A. Anderson, L. Cohn & T. Holbrook
  
- Body image: Body Image Workbook: An 8-Step Program for Learning to Like Your Looks by T. Cash.
  
- Food and Feelings Workbook: A Full Course Meal on Emotional Health by K. Koenig.
  
- Surviving an Eating Disorder: Perspectives and Strategies for Family & Friends by M. Siegel et al.

- Your Overweight Child: Helping Without Harming by E. Satter

## PRIMARYLY FOR PROFESSIONALS

While most professional journals offer “heavy” reading, one exception is the International Journal of Sport Nutrition & Exercise Metabolism. While it is far from “light” reading, you'll learn the latest research on carbohydrates, protein, sports supplements, fueling practices, plus more. ( <http://journals.humankinetics.com> - \$11/year).

## PERSONALIZED ADVICE

No website or book can compare with sitting down and talking with a sports dietitian in person. A one-on-one, personalized approach is best to learn what, when, and how to eat to fuel your unique body for top performance. To find a local sports dietitian, enter your zip code into the referral networks at [www.SCANDpg.org](http://www.SCANDpg.org) or [www.eatright.org](http://www.eatright.org) You may be surprised to learn how much you don't know. (After all, you don't know what you don't know!)

Sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes, teaching them how to create a winning sports diet. Her private practice is in the Boston-area (Newton, MA; 617-795-1875). For information about her books and workshops, see [www.nancyclarkrd.com](http://www.nancyclarkrd.com)  
and  
[www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com)

**Read more of Nancy Clark's articles –**

Getting Older, Day by Day - <http://runohio.com/index.php/features/700-the-athletes-kitchen-getting-older-day-by-day>

More Sports Nutrition News You Can Use - <http://www.runohio.com/index.php/features/649-the-athletes-kitchen-more-sports-nutrition-news-you-can-use>

Sodium, Muscle Cramps and Sweat Losses: Tips for Sweaty Runners - <http://www.runohio.com/index.php/features/563-the-athletes-kitchen-sodium-muscle-cramps-and-sweat-losses-tips-for-sweaty-runners>

Injured Runners: Nutrition Tips to Hasten Healing - <http://www.runohio.com/index.php/features/537-the-athletes-kitchen-injured-runners-nutrition-tips-to-hasten-healing>

Why Can't I Simply Lose a Few Pounds? Dieting Myths and Gender Differences - <http://www.runohio.com/index.php/features/525-the-athletes-kitchen-why-cant-i-simply-lose-a-few-pounds-dieting-myths-and-gender-differences>

Lady Runners without Monthly Menses: A Cause for Concern - <http://www.runohio.com/index.php/features/510-the-athletes-kitchen-lady-runners-without-monthly-menses-a-cause-for-concern>

Expanding Your Sports Diet: Seeds and Grains - <http://www.runohio.com/index.php/features/495-the-athletes-kitchen-expanding-your-sports-diet-seeds-and-grains>

Protein and Athletes - <http://www.runohio.com/index.php/features/134-the-athletes-kitchen-protein-and-athletes>

Why Is Weight Loss So Hard...? - <http://www.runohio.com/index.php/features/195-the-athletes-kitchen-why-is-weight-loss-so-hard>

Water: Droplets of Information - <http://www.runohio.com/index.php/features/254-the-athletes-kitchen-water-droplets-of-information>

Dieting—Not Allowed! - <http://www.runohio.com/index.php/features/272-the-athletes-kitchen-dietingnot-allowed>

Sports Nutrition News from The American College of Sports Medicine - <http://www.runohio.com/index.php/features/360-the-athletes-kitchen-sports-nutrition-news-from-the-american-college-of-sports-medicine>

Should We Enable Obesity? - <http://www.runohio.com/index.php/features/469-the-athletes-kitchen-should-we-enable-obesity>

Yummy Holiday Gifts for Active Friends - <http://www.runohio.com/index.php/features/480-yummy-holiday-gifts-for-active-friends>

Fuelling the Ultra Distance Runner – <http://runohio.com/index.php/features/657-the-athletes-kitchen-fueling-the-ultra-distance-runner>

[www.runohio.com](http://www.runohio.com)