

## Sports Nutrition for Paralympic Athletes

**Editor:** Elizabeth Broad.

**Bibliographic Data:** ISBN-13: 978-1-4665-0756-2); 2014 by CRC Press, Taylor & Francis Group, Boca Raton, FL 33487-2742, USA, 266 pages, hardback, \$99.95.

**Subjects:** Sports Nutrition, Athlete, Impairment.

**Description:** *Sports Nutrition for Paralympic Athletes* gives information about vitally important nutritional support for paralympic athletes on the broad subcategories of all physical, visual, hearing, and intellectual impairments.

**Purpose:** The goal of the book is to provide a more expansive set of knowledge, considerations and tips that a practitioner might need to consider when applying knowledge about sports nutrition to an athlete with impairment.

**Audience:** The book is written for all sports practitioners, coaches, researchers and students involved and interested in working within para-sport and sports nutrition.

**Features:** The book is composed of 14 chapters and includes illustrative 18 figures and 16 tables. Following the introduction in Chapter 1, Chapter 2 contains a description and short history of sport with impairment,

including the concept of classification. Chapter 3 reviews current principles of sports nutrition for both training and competition in able-bodied athletes. Chapters 4 to 9 further investigate these principles within spinal cord injuries, cerebral palsy and acquired brain injuries, amputees, les autres, vision and hearing impairment, and intellectual impairments, respectively. Chapter 10 to 13 explore areas associated with sport and exercise which a sports nutrition practitioner may require a more in-depth understanding of, or utilize tools associated with, in their assessment of athletes' needs and may influence the advice which is given. Finally, Chapter 14 summarizes and gives future directions.

**Assessment:** The editor to this book is a highly credentialed and acknowledged sports dietitian for athletes with impairment. The chapters in the book start with chapter contents, some include take home messages and future recommended readings, and has their references at the end. The many commentary boxes in the chapters presents case studies and interviews with an expert panel of scientists, athletes, and coaches.

**Reviewed by:** *Ufuk Sekir, MD, Prof., Department of Sports Medicine, Medical School of Uludag University, Bursa, Turkey*