

Resources

Internet

Active.com

www.active.com

American College of Sports Medicine

www.acsm.org

American Dietetic Association

www.eatright.org

Crucible Fitness

www.cruciblefitness.com

Gatorade Sports Science Institute

www.gssiweb.com

National Dairy Council

www.nationaldairycouncil.org

The Physician and Sports Medicine

www.physsportsmed.com/personal.htm

Sports, Cardiovascular and Wellness Nutritionists
(SCAN)

www.scandpg.org

Sports Medicine at About.com

www.sportsmedicine.about.com/od/sportsnutrition

Organizations

American College of Sports Medicine

401 Michigan Street

Indianapolis, IN 46206-1440

317-637-9200

American Dietetic Association

216 West Jackson Blvd.

Chicago, IL 60606-6995

800-366-1655

Gatorade Sports Science Institute (GSSI)

P.O. Box 9005

Chicago, IL 60604

312-222-7704



Books

101 Sports Nutrition Tips

Susan Kundrat, MS, RD, LD

Coaches Choice, Monterey, CA

2005

Advanced Sports Nutrition

Dan Bernardot, PhD

Human Kinetics, Champaign, IL

2006

Complete Idiot's Guide to Sports Nutrition

Dawn Weatherwax and Sonia Weiss

Alpha, New York, NY

2003

Eating for Endurance, 4th ed.

Ellen Coleman, MA, MPH, RD

Bull Publishing Company, Palo Alto, CA

2003

Encyclopedia of Sports and Fitness Nutrition

Liz Applegate, PhD

Prima Lifestyles, Oregon

2002

Endurance Sports Nutrition

Suzanne Girard Eberle, MS, RD

Human Kinetics, Champaign, IL

2000

Nancy Clark's Sports Nutrition Guidebook, 3rd ed.

Nancy Clark, MS, RD

Human Kinetics, Champaign, IL

2003

Nutrition Periodization for Endurance Athletes

Bob Seebohar, MS, RD, CSCS

Bull Publishing Company, Boulder, CO

2004

Performance Nutrition for Team Sports

Monique Ryan, MS, RD, LDN

Peak Sports Press, Boulder, CO

2005

Ultimate Sports Nutrition, 2nd ed.

Ellen Coleman, MA, MPH, RD

Suzanne Nelson Steen, DSc, RD

Bull Publishing Company, Palo Alto, CA

2000

