

Best-selling sports nutrition author addresses top dietary myths

Releases fourth edition of popular guide book

Champaign, IL -- Active people have many misconceptions about food. According to nutrition expert Nancy Clark, MS, RD, these misconceptions can often lead to inappropriate food choices that hurt, rather than enhance sports and fitness performance. In the upcoming new edition of *Nancy Clark's Sports Nutrition Guidebook* (Human Kinetics, May 2008), Clark addresses the top nutrition myths, including:

- A high protein diet is an effective way to lose weight.
- The human body can easily convert carbohydrate into body fat.
- Protein is a primary source of energy for the body.

Clark negates inaccurate information on nutrition, such as the misperception that carbohydrate is automatically converted into body fat. "Fad diets preach the message that carbohydrate is fattening," says Nancy Clark. "Wrong! Carbohydrate is not fattening. Excess calories are fattening--in particular, excess fat calories."

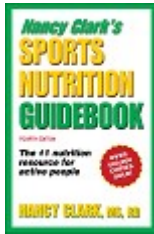
According to Clark, fat provides 36 calories per teaspoon compared with 16 for carbohydrate. The assumption that excess carbohydrate converts to body fat is misleading because carbohydrate is burned during exercise. "The body preferentially burns the carbohydrate and stores the fat because the metabolic cost of converting excess carbohydrate into body fat is 23 percent of the ingested calories," says Clark. "Excess dietary fat, on the other hand, is easily stored as body fat; the metabolic cost of converting excess dietary fat into body fat is only three percent of ingested calories."

The new edition of *Nancy Clark's Sports Nutrition Guidebook* addresses:

- Why carbohydrate isn't fattening.
- Which fats are good and which are not.
- Protein needs and the difference between supplements and foods.
- Engineered foods and if they are worth the money.
- Credible nutrition websites.

With over 500,000 copies sold, *Nancy Clark's Sports Nutrition Guidebook* has become the all-time best selling sports nutrition guide. An internationally known specialist in sports dietetics, Clark offers sound nutritional advice for active people. For more information on *Nancy*

Clark's Sports Nutrition Guidebook, contact Human Kinetics at 1-800-747-4457 or visit www.HumanKinetics.com.



ABOUT THE BOOK

Nancy Clark's Sports Nutrition Guidebook

Nancy Clark

Available May 2008 · Paperback · Approx. 472 pp
ISBN 978-0-7360-7387-5 · \$19.95

ABOUT THE AUTHOR

Nancy Clark, MS, RD, CSSD, renowned author and board-certified specialist in sports dietetics, is known for her ability to translate the science of nutrition for exercise and health into practical tips to enhance performance, manage weight, and resolve eating disorders. She has a private practice at Healthworks Fitness Center in Chestnut Hill, Massachusetts, where she offers nutrition consultations to both casual exercisers and competitive athletes. Her more renowned clients have included members of the Boston Red Sox, the Boston Celtics, and many collegiate, elite, and Olympic athletes from a variety of sports. She is also an advisory board member of Mizuno, Medical Wellness Association, and the Aerobics and Fitness Association of America.

An internationally known lecturer, Clark has given presentations to professional groups such as the American Dietetic Association (ADA) and the American College of Sports Medicine (ACSM), as well as team talks to athletes at Boston College and coaches with the Leukemia & Lymphoma Society's Team in Training program. She offers workshops nationally to health professionals with her sports nutrition workshop series. As a result of her renowned work, her photo and nutrition advice appeared on the back of the Wheaties box after the 2004 Summer Olympics.

Clark received her bachelor's degree in nutrition from Simmons College in Boston and her master's degree in nutrition from Boston University. She completed her internship in dietetics at Massachusetts General Hospital. She is a fellow of the American Dietetic Association, recipient of its Media Excellence Award, an active member of ADA's practice group of sports nutritionists (SCAN), and a recipient of that group's Honor Award. In addition, Clark is a fellow of the ACSM and a recipient of the Honor Award from ACSM's New England chapter. She is also the recipient of the 2007 Simmons College Distinguished Alumna Award.

Clark is the nutrition columnist for *New England Runner*, *Adventure Cycling*, and *Rugby* and is a frequent contributor to sports and fitness publications such as *Shape* and *Runner's World*. Clark also writes a monthly nutrition column called "The Athlete's Kitchen," which appears regularly in over 100 sports publications and Web sites. She has authored *Nancy Clark's Food Guide for Marathoners: Tips for Everyday Champions* and *The Cyclist's Food Guide: Fueling for the Distance*.

Clark has competed at the 10K, half-marathon, and marathon distances. She has led many extended bike tours, including a Transamerica Trip and other tours through the Canadian and Colorado Rockies. She has trekked into the Himalayas and planned the high-altitude menu for a successful expedition.

CONTENTS

PART I The Athlete's Training Table

1. Building Your Balanced Diet
2. Eating to Stay Healthy in the Long Run
3. Breakfast: The Key to a Successful Sports Diet
4. Lunch and Dinner: At Home and On the Run
5. Snacking Smart for Health and Energy
6. Simplifying Carbohydrate
7. Protein to Build and Repair Muscles
8. Replacing Fluids to Maintain Performance

PART II The Science of Eating for Sports Success

9. Fueling Before Exercise
10. Refueling During and After Exercise
11. Supplements, Performance Enhancers, and Sports Foods
12. Age-Specific Nutritional Needs

PART III Balancing Weight and Activity

13. Your Body: Fat, Fit, or Fine?
14. Adding Bulk, Not Fat
15. Losing Weight Without Starvation
16. Eating Disorders and Food Obsessions

PART IV Winning Recipes for Peak Performance

17. Breads and Breakfasts
18. Pasta, Rice, and Potatoes
19. Vegetables and Salads
20. Chicken and Turkey
21. Fish and Seafood
22. Beef and Pork
23. Beans and Tofu
24. Beverages and Smoothies
25. Snacks and Desserts