

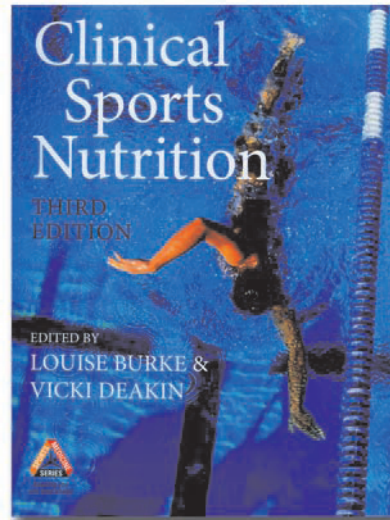
Better sports nutrition

Clinical sports nutrition. 3rd ed. Louise Burke, Vicki Deakin, editors. Sydney: McGraw-Hill Medical, 2006 (xxvi + 822 pp, \$110.00). ISBN 0074716026.

THOSE FAMILIAR WITH previous editions of *Clinical sports nutrition* are most likely as excited as I am about the release of this latest version. The second edition has had pride of place on my bookshelf since it was purchased, with only this to knock it off its perch.

New features include expert commentary on antioxidants, immune function and the female athlete triad. The International Olympic Committee consensus conference in 2004 provided an update on current thinking in sports nutrition (eg, guidelines for carbohydrate intake), which *Clinical sports nutrition* has incorporated. As in previous editions, both the editors and the chapter authors are leaders of their field, making this book an unofficial consensus statement for sports nutrition in Australia.

Each chapter of the book (now “easy find” with shaded tabs) includes an appraisal of recent research on the topic and follows with practice tips. This combination of theory and practice



provides a valuable tool for practitioners. Food products, nutrient reference values and units will be familiar to Australian health professionals.

All of the key areas of sports nutrition are discussed, as well as several topics not usually covered by other sports nutrition texts (including athletes with special needs such as diabetes or disabilities, young athletes, and the older sportsperson). There are sections on catering for athletic groups, travel, and nutrition for special environments such as high altitude and extreme climates.

All in all, those working primarily in the area of sports nutrition are likely to read the book cover to cover, despite its 800+ pages. Other practitioners, particularly sports physicians or exercise physiologists, may find it useful as a reference text.

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