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# Sports Nutrition For Paralympic Athletes

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Features. Gives a step-by-step analysis of the various categories of Paralympic sport, as well as their physiological and nutritional challenges

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Key is the applied knowledge of sports nutrition to the specific population group and the commentary boxes containing quotes from Paralympic athletes and experts adds

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Title: Sports Nutrition, Sports Nutrition for Paralympic Athletes Elizabeth Broad. Sports and Exercise Nutrition,

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How to Cite. Van de Vliet, P., Broad, E. and Strupler, M. (2011) Nutrition, Body Composition and Pharmacology, in The Paralympic Athlete: Handbook of Sports Medicine

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