

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

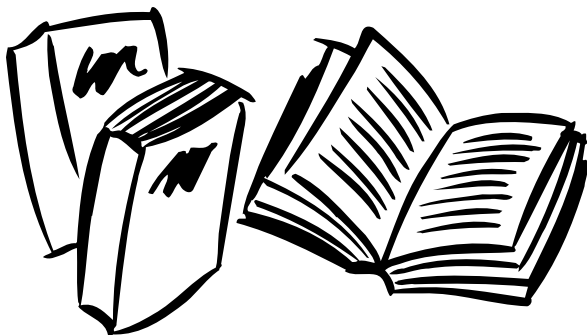
Sports Medicine at About.com
www.sportsmedicine.about.com/od/sportsnutrition

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

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