

## **CONTENTS**

<b>1. Scientific Concepts of Nutrition</b>	<b>1</b>
<b>2. Nutrition for Health</b>	<b>33</b>
<b>3. Nutritional Needs and Prevention of Diseases</b>	<b>94</b>
<b>4. Alcohol and Nutrition</b>	<b>170</b>
<b>5. Nutrition for Sports—A Critical Study</b>	<b>201</b>
<b>6. Nutritional Aspects of Sports</b>	<b>260</b>
<b>7. Evaluation of Nutrition in Sports</b>	<b>295</b>
<b>8. Nutrition and Athlete</b>	<b>336</b>
<b>9. Basic Nutritional Principles</b>	<b>361</b>
<b>10. Dietary Plan and Assessment</b>	<b>393</b>
<b>References</b>	<b>410</b>