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### International Journal of Sport Nutrition and Exercise ...

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in International Journal of Sport Nutrition and Exercise Metabolism. Print ISSN: 1526-484X Online ISSN: 1543-2742 Special Issue International Association of Athletics Federations: Nutrition for Athletics Dr. Stéphane Bermon, Professor Louise Burke, Ms. Lindy Castell, Dr. Peter Peeling, and Dr. Trent Stellingwerff ...

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Position Statement: The International Society of Sports Nutrition (ISSN) bases the following position stand on a critical analysis of the literature regarding the effects of diet types (macronutrient composition; eating styles) and their influence on body composition. The ISSN has concluded the foll ...

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### **International Journal of Physiology, Nutrition and ...**

1. Int J Sport Nutr Exerc Metab. 2010 Dec;20(6):515-32. Nutritional strategies to promote postexercise recovery. Beelen M(1), Burke LM, Gibala MJ, van Loon L JC. Author information: (1)Dept. of Human Movement Sciences, Maastricht University Medical Center, Maastricht, The Netherlands.

### **Nutritional strategies to promote postexercise recovery.**

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1. Int J Sport Nutr. 1995 Jun;5 Suppl:S39-61. Do athletes need more dietary protein and amino acids? Lemon PW(1). Author information: (1)Applied Physiology Research Laboratory, Kent State University 44242, USA. The current recommended daily allowance (RDA) for protein is based primarily on data derived from subjects whose lifestyles were essentially sedentary.

**Do athletes need more dietary protein and amino acids?**

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