

10 oz sirloin steak nutrition facts

10 oz sirloin steak nutrition facts provide valuable insight into the dietary benefits and considerations of consuming this popular cut of beef. Sirloin steak is widely favored for its rich flavor, tenderness, and relatively lean profile compared to other cuts. Understanding the nutritional composition of a 10 oz sirloin steak helps individuals make informed choices about protein intake, calorie consumption, and nutrient balance in their diets. This article explores the detailed macronutrient and micronutrient content of a 10 oz sirloin steak, its health implications, and how it fits into various dietary patterns. Additionally, key factors such as preparation methods and serving suggestions will be addressed to optimize nutritional benefits. The following sections cover the calorie count, protein levels, fat content, vitamins, minerals, and potential health considerations related to consuming sirloin steak. This comprehensive overview aims to assist nutrition-conscious consumers in integrating sirloin steak effectively into their meal plans.

- Calorie Content of 10 oz Sirloin Steak
- Macronutrient Breakdown
- Vitamins and Minerals in Sirloin Steak
- Health Benefits of Sirloin Steak
- Considerations and Potential Drawbacks
- Tips for Preparing and Serving Sirloin Steak

Calorie Content of 10 oz Sirloin Steak

The calorie content of a 10 oz sirloin steak is a fundamental aspect of its nutrition facts, especially for individuals monitoring their energy intake. Typically, a 10 oz portion of cooked sirloin steak contains approximately 570 to 650 calories. The exact calorie count may vary depending on factors such as the cut's fat marbling, cooking method, and trimming of visible fat. Sirloin steak is considered a moderate-calorie source of high-quality protein, making it suitable for various diets that require adequate energy without excessive caloric density.

Factors Influencing Calorie Variations

Several factors contribute to the variability in calorie content for a 10 oz sirloin steak:

- **Cut and Trim:** Leaner sirloin cuts have fewer calories due to lower fat content compared to those with more marbling.
- **Cooking Method:** Grilling or broiling typically reduces fat content as some fat renders out, potentially lowering calories.

- **Added Ingredients:** Use of oils, butter, or sauces during cooking increases total calories.

Macronutrient Breakdown

Understanding the macronutrient composition of a 10 oz sirloin steak is essential for nutritional planning. This cut primarily provides protein and fat, with negligible carbohydrates. The following macronutrient profile reflects an average cooked 10 oz sirloin steak:

Protein Content

A 10 oz sirloin steak typically contains around 60 to 70 grams of protein. This high protein content makes it an excellent source for muscle building, repair, and maintenance. Protein from sirloin steak is considered complete, containing all essential amino acids necessary for human health.

Fat Content

The total fat content in a 10 oz sirloin steak ranges from 25 to 35 grams, depending on the cut's leanness and preparation. This includes saturated fat, monounsaturated fat, and small amounts of polyunsaturated fat. The saturated fat content usually accounts for about 10 to 14 grams. While fat contributes to calorie density, it also enhances flavor and satiety.

Carbohydrates and Fiber

Sirloin steak contains virtually no carbohydrates or dietary fiber. This makes it a suitable option for low-carb and ketogenic diets, where carbohydrate intake is minimized.

Vitamins and Minerals in Sirloin Steak

Beyond macronutrients, a 10 oz sirloin steak provides essential vitamins and minerals that contribute to overall health. Beef, particularly sirloin, is rich in several micronutrients crucial for bodily functions.

Key Vitamins Found in Sirloin Steak

Sirloin steak is a good source of B-complex vitamins, which play vital roles in energy metabolism and neurological health:

- **Vitamin B12:** Important for red blood cell formation and nerve function.
- **Niacin (Vitamin B3):** Supports digestive health and skin maintenance.
- **Vitamin B6:** Involved in amino acid metabolism and immune function.

- **Riboflavin (Vitamin B2):** Assists in energy production.

Important Minerals in Sirloin Steak

The mineral content in a 10 oz sirloin steak includes:

- **Iron:** Heme iron from beef is highly bioavailable, essential for oxygen transport in the blood.
- **Zinc:** Supports immune system function and wound healing.
- **Phosphorus:** Important for bone health and energy production.
- **Selenium:** Acts as an antioxidant, protecting cells from damage.

Health Benefits of Sirloin Steak

Incorporating a 10 oz sirloin steak into a balanced diet offers multiple health benefits due to its nutrient density. The protein content supports muscle growth and repair, making it beneficial for athletes and active individuals. The presence of essential vitamins and minerals contributes to metabolic efficiency, immune defense, and overall vitality.

Supports Muscle Maintenance and Growth

The rich protein profile of sirloin steak provides all essential amino acids needed for muscle protein synthesis. This makes it a valuable food source for those aiming to build or maintain lean muscle mass.

Enhances Iron Levels

Given its high heme iron content, sirloin steak helps prevent iron deficiency anemia, especially in populations at risk such as women of reproductive age. Heme iron is absorbed more efficiently than non-heme iron from plant sources.

Boosts Immune Function

Zinc and selenium found in sirloin steak play critical roles in maintaining a robust immune system, enhancing the body's ability to fight infections and heal wounds efficiently.

Considerations and Potential Drawbacks

While a 10 oz sirloin steak offers nutritional advantages, certain considerations are necessary for optimal health outcomes. Moderation and preparation methods are key factors to minimize potential drawbacks.

Saturated Fat and Cholesterol Content

Sirloin steak contains saturated fat and cholesterol, which, when consumed in excess, may contribute to elevated blood cholesterol levels and cardiovascular risk. Choosing lean cuts and trimming visible fat can reduce saturated fat intake.

Portion Size and Frequency

Regular consumption of large portions of red meat has been associated with increased risk of certain chronic diseases. It is advisable to balance sirloin steak intake with plant-based foods and lean protein alternatives.

Cooking Methods Impact on Health

High-temperature cooking methods such as grilling or pan-frying can produce potentially harmful compounds like heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). Using moderate heat and avoiding charring can reduce these risks.

Tips for Preparing and Serving Sirloin Steak

Optimal preparation and serving methods can enhance the nutritional value and flavor of a 10 oz sirloin steak while minimizing health risks.

Choosing the Right Cut

Select sirloin steaks that are well-trimmed and lean to reduce excess fat. Look for USDA grading to ensure quality and marbling balance.

Healthy Cooking Techniques

Recommended cooking methods include baking, broiling, or grilling at moderate temperatures. Using herbs, spices, and marinades can add flavor without increasing calories or unhealthy fats.

Balanced Meal Pairings

Serve sirloin steak with nutrient-rich vegetables, whole grains, and healthy fats to create a well-rounded meal. This combination supports digestion, provides fiber, and enhances nutrient absorption.

1. Trim visible fat before cooking.
2. Marinate to reduce harmful compounds.
3. Avoid overcooking or charring.

4. Include a variety of colorful vegetables.
5. Balance portion size with overall daily nutrient needs.

Frequently Asked Questions

How many calories are in a 10 oz sirloin steak?

A 10 oz sirloin steak typically contains around 570 to 700 calories, depending on the cut and cooking method.

What is the protein content of a 10 oz sirloin steak?

A 10 oz sirloin steak provides approximately 60 to 70 grams of protein, making it a high-protein food choice.

How much fat is in a 10 oz sirloin steak?

A 10 oz sirloin steak generally contains about 30 to 40 grams of fat, including both saturated and unsaturated fats.

Does a 10 oz sirloin steak contain any carbohydrates?

No, a 10 oz sirloin steak contains virtually no carbohydrates, as it is a pure protein and fat source.

What vitamins and minerals are found in a 10 oz sirloin steak?

A 10 oz sirloin steak is rich in iron, zinc, vitamin B12, niacin, and other B vitamins important for energy and blood health.

Is a 10 oz sirloin steak suitable for low-carb or keto diets?

Yes, due to its high protein and fat content and negligible carbohydrates, a 10 oz sirloin steak is well-suited for low-carb and ketogenic diets.

Additional Resources

1. *The Nutritional Power of Sirloin: A Deep Dive into 10 oz Steaks*

This book explores the nutritional content of sirloin steaks, focusing specifically on a 10 oz serving size. It breaks down the protein, fat, calorie, and micronutrient counts to help readers understand how this popular cut fits into a balanced diet. The author also compares sirloin to other cuts to highlight its benefits and potential drawbacks.

2. *Steak Science: Understanding Nutrients in a 10 oz Sirloin*

"Steak Science" offers an in-depth analysis of the nutrients found in a 10 oz

sirloin steak, including vitamins, minerals, and macronutrients. It discusses how cooking methods affect nutritional value and provides tips for maximizing health benefits. This book is ideal for food enthusiasts and nutritionists alike.

3. Fuel Your Body: The Role of Sirloin Steak in Nutrition

Focusing on the role of sirloin steak in a healthy diet, this guide details the nutritional facts of a 10 oz portion. It highlights the steak's protein content, iron levels, and essential amino acids, explaining their importance for muscle building and energy. Readers will find meal planning advice to incorporate sirloin into their nutrition goals.

4. Calories and Protein: Breaking Down the 10 oz Sirloin Steak

This concise book offers a clear breakdown of the calorie and protein content found in a 10 oz sirloin steak. It discusses how these numbers fit into daily dietary recommendations and the impact on weight management and fitness. The author also touches on fat content and cholesterol, providing a balanced perspective.

5. Healthy Eating with Beef: Nutrition Facts of Sirloin Steaks

"Healthy Eating with Beef" aims to dispel myths about red meat by presenting factual nutritional information about sirloin steaks. The book focuses on the benefits of lean cuts like sirloin, emphasizing their nutrient density and role in heart-healthy diets. It includes recipes and cooking tips to keep meals both nutritious and delicious.

6. Protein Power: Sirloin Steak Nutrition for Athletes

Specifically geared toward athletes and fitness enthusiasts, this book highlights the importance of a 10 oz sirloin steak as a powerful protein source. It explains how the nutrients in sirloin support muscle repair, endurance, and overall performance. The text also covers timing and portion control for optimal results.

7. From Farm to Table: Nutritional Insights on Sirloin Steaks

This book traces the journey of a sirloin steak from farm to table, while examining the nutritional changes it undergoes. Readers learn about factors affecting nutrient retention during processing, storage, and cooking. It offers practical advice on selecting and preparing a 10 oz sirloin steak to maximize health benefits.

8. The Science of Steak: Nutrition Facts and Health Impacts of Sirloin

"The Science of Steak" dives into the biochemical makeup of sirloin steaks, focusing on a 10 oz portion. It discusses how the steak's nutrients interact with the body and affect health markers such as cholesterol and inflammation. The book is a great resource for those interested in the scientific aspects of nutrition.

9. Balanced Meals with Beef: Incorporating 10 oz Sirloin Steak

This guide provides strategies for integrating a 10 oz sirloin steak into balanced meals that support overall wellness. It details the nutritional profile and offers meal plans that combine sirloin with vegetables, grains, and healthy fats. The book is perfect for home cooks looking to enjoy steak as part of a nutritious diet.

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10 oz sirloin steak nutrition facts: The NutriBase Nutrition Facts Desk Reference , 2001

From abalone to zucchini, this easy-to-use reference provides information that helps monitor the nutritional intake of thousands of food products.

10 oz sirloin steak nutrition facts: The NutriBase Guide to Carbohydrates, Calories, and Fat NutriBase, 2001-11-12 Dieters everywhere are reducing carbohydrate consumption, and this book is the perfect tool to accompany any low-carb plan. Also useful for diabetics.

10 oz sirloin steak nutrition facts: *The NutriBase Nutrition Facts Desk Reference* Art Ulene, 1995 With over 40,000 entries, this book presents information for a wide range of foods.

10 oz sirloin steak nutrition facts: 400 Calorie Fix Liz Vaccariello, Mindy Hermann, Editors of Prevention, 2010-12-21 The latest research shows that controlling calories is consistently the most successful weight loss method. Of course, counting calories is nothing new. But only 15 percent of us know how many calories we should eat to maintain a healthy weight. Most of us don't know how many calories are in the foods we eat. And most of us don't really want to have to count calories. Now from Flat Belly Diet! author Liz Vaccariello comes 400 Calorie Fix, which makes it easy to spot and control calories. 400 Calorie Fix has no banned ingredients, no magic foods, and no complicated rules. You'll learn how to eat with the 400 calorie lens—the essential tool they need to assess portion sizes for all types of food at a glance. The book makes calorie control easy and delicious with 400 tasty 400-calorie recipes, quick-fix (nocook) meals, and options that make it easy to dine out, whether you're chowing down on a fast-food burger or hosting a family cookout.

10 oz sirloin steak nutrition facts: *Soldiers* , 1980

10 oz sirloin steak nutrition facts: *Eat This, Not That (Revised)* David Zinczenko, 2019-12-31 Indulge smarter with the no-diet weight loss solution. The bestselling phenomenon that shows you how to eat healthier with simple food swaps—whether you're dining in or out—is now expanded and completely updated. Did you know that if you're watching your waistline, a McDonald's Big Mac is better than a Five Guys Cheeseburger? Or that the health promise of the Cheesecake Factory's Grilled Chicken and Avocado Club is dubious? Or that when shopping for condiments, the real winner is Kraft mayo with olive oil instead of Hellman's "Real?" Reading ingredient labels and scrutinizing descriptions on menus is hard work, but with side-by-side calorie and nutrition comparisons and full-color photos on every page, *Eat This, Not That!* makes it easy! Diet guru Dave Zinczenko goes aisle-by-aisle through every major American staple—from frozen foods, cereals, and sodas, to the dairy cases, international foods, and the produce aisle—as well as every chain and fast food restaurant in the country to pick the winners and losers. You'll find more than 1,250 slimming and often surprising swaps, a helpful list of the "worst foods in America" by category, plus testimonials from real people who lost weight simply by consulting Zinczenko's easy-to-follow advice. Now the book that changed the way Americans choose meal ingredients, food brands, and menu options is completely updated—and it'll help satisfy both the appetite and diet goals of even the hungriest reader!

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10 oz sirloin steak nutrition facts: *The Complete and Up-to-Date Fat Book* Karen J.

Bellerson, 2001 Lists the fat content, total calories, and percentage of fat calories for over 30,000 food products, brand names, and fast-food chains.

10 oz sirloin steak nutrition facts: Sleekify! Michael Olajide, Jr., Myatt Murphy, 2013-12-03 Fight fat and win with the revolutionary “no-gym” machine-free at-home workout program to sculpt, firm, and “SLEEKIFY!” your body—in as little as four weeks. When Victoria’s Secret models need to look their best for a runway show or ad campaign, they call Michael Olajide, Jr. The former championship boxer has a patented fat-melting fitness program that has helped reshape the bodies of stars like Liv Tyler, Sports Illustrated model Alyssa Miller, and Victoria’s Secret Angel Adriana Lima. Now you can have Michael Olajide as your personal trainer, too. This is your chance to experience the same sculpting, firming, sleekifying results that have been turning heads on the red carpet for years. This twenty-eight-day fitness and nutrition plan—the same one Olajide gives his clients—lets you unleash your body’s natural energy at home without having to invest a fortune on useless gym equipment. Instead, Olajide is in your corner every day, every step along the way—a one-man entourage urging you on as you build strength, tone muscle, and lose weight without bulking up. SLEEKIFY!’s techniques are rooted in the “sweet science” of boxing, but you don’t need a class, a ring, or a punching bag. All you need is a jump rope—and the will to be your best. Equipment-free, plateau-proof, and, most important, fun, this workout puts the power in your hands. You dictate the intensity of the workout and, ultimately, your success. Had enough of what you see in the mirror? Ready to punch out stubborn belly fat and build the stronger, more streamlined body you’ve always wanted? Leave the machines behind and SLEEKIFY!

10 oz sirloin steak nutrition facts: The New Glucose Revolution Low GI Gluten-Free Eating Made Easy Dr. Jennie Brand-Miller, Kate Marsh, Philippa Sandall, 2008-03-25 Discusses the importance of a low glycemic index, gluten-free diet, provides recipes for this type of diet, and offers information about serving sizes, calorie and carbohydrate content, and glycemic index values for many foods.

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10 oz sirloin steak nutrition facts: **Shackleton** Fiennes Ranulph, 2022-01-04 “When Ranulph Fiennes produces a book about Ernest Shackleton, it should get our attention. I found that the best way to read this book is to imagine that you are in a pub sharing a beer with Sir Ranulph while he regales you with his tale about Ernest Shackleton. Fiennes moves the narrative along at a good pace and his storytelling becomes particularly animated when he is describing the actual grind of slogging through the snow and ice.”—Lloyd Spencer Davis, *The New York Times Book Review* (front page review) An enthralling new biography of Ernest Shackleton by the world's greatest living explorer, Sir Ranulph Fiennes. To write about Hell, it helps if you have been there. In 1915, Sir Ernest Shackleton's attempt to traverse the Antarctic was cut short when his ship, *Endurance*, became trapped in ice. The disaster left Shackleton and his men alone at the frozen South Pole, fighting for their lives. Their survival and escape is the most famous adventure in history. Shackleton is a captivating new account of the adventurer, his life and his incredible leadership under the most extreme of circumstances. Written by polar adventurer Sir Ranulph Fiennes who followed in Shackleton's footsteps, he brings his own unique insights to bear on these infamous expeditions. Shackleton is both re-appraisal and a valediction, separating Shackleton from the myth he has become.

10 oz sirloin steak nutrition facts: *Keto Simple* Martina Slajerova, 2020-01-07 Best-selling KetoDiet author, Martina Slajerova gives 100 delicious recipes that are easy in preparation and technique, frugal in the number of required ingredients, and can be put together quickly. No stress. No complication. Just a great keto meal from stove to table in minimal time. Keto has become the

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10 oz sirloin steak nutrition facts: Air-Fryer Cookbook 2022 Carmen Rose, 2021-07-30 If You Love Crispy Food Then an Air Fryer Is the Thing for You! But if You Don't Know What to Cook in an Air Fryer, Keep Reading! Don't you just love the outside crunch yet juicy insides of fried food? Air frying has been seen as a great alternative to enjoy your favorite fried foods with little to no oil, making your food much healthier! People have ditched deep fryers for air fryers and have never regretted their decision! When the pandemic struck, staying home allowed some to share some air fryer experiments on the internet. Not only did they use the device to fry, but they have baked, heated, and even barbecued in these compact, well-insulated, highly efficient convection ovens. Because of its versatility, many consider this as one, if not the best kitchen technology released. Let's say you now have an air fryer but you have no experience in managing that device or even cooking in general. The size and buttons make it seem like good food couldn't be produced from that compact cylinder at all! But it's actually pretty simple to operate. The Air-Fryer Cookbook 2021 will allow you to make the most of your device and have you create wonderful meals even without experience! In this book, you will find: Easy to Do Meals: Learn from the numerous simple air fryer recipes for all sorts of meal types Recipes with Affordable Ingredients: Utilize inexpensive ingredients you have in your surroundings Nutrition Facts per Recipe: Taking a calorie count is made easy in this book You don't have to fear making burnt food as the technology it has ensures perfect results every time! Maybe you aren't very good with traditional cooking but you have an air-fryer, amaze your friends and even yourself by making delicious recipes with this cookbook!

10 oz sirloin steak nutrition facts: Your Scoliosis Treatment Cookbook Dr. Kevin Lau, Eating your way to a healthier spine! So, you think you've tried all options in your crusade against scoliosis? By now, you might have gone through the entire arsenal of bracing, exercise and even surgery. Unfortunately, your curve might still come back to haunt and cause more discomfort than ever before! Before you think, scoliosis correction is all about restoring your spine's curve; it's time to review the deformity again! Treating scoliosis requires a comprehensive approach, one which will restore your body's natural alignment, along with preventing the inevitable spinal degeneration that comes with age. Nature intended all mechanisms of the human body to function in unison and perfect harmony with each other. With even one of them not working in tandem, abnormalities and deformities are bound to occur. Food we eat! A wise man once said, "We are what we eat!" True to the core, it is! Our gut and digestive system form the base for a healthy body and mind. On the contrary, when our food intake comprises of food products that might not be right for our body, the results can be absolutely disastrous! Not only this, even if those food products are otherwise appropriate, they might not just suit your body. That is where individual body typing comes in! Known as metabolic typing in the specialists' jargon, it helps you to categorize your own, individual body type into three different categories and plan your food intake accordingly. Through the metabolic typing, you will know all about... - Foods and ingredients that are best suited to your own genes- Food items that otherwise might be healthy, but are not right for you- Specific food groups that might enhance or deplete your energy levels- Foods that might facilitate your specific health goals, such as weight loss or gain and muscle toning With such immense benefits of body typing in view, here comes 'Your Scoliosis Cookbook' - a one of its kind, never-before guide to customizing your diet and a vast collection of delicious, healthy recipes to suit your palette and treat scoliosis, all at the same time! The book brings to you the amazing and time-tested secrets of the optimal nutrition for spinal health in the form of an easy-to-follow guide. Just follow our step-by-step instructions on how to find out your own body type. Once you are done, all you need to do is to pick

up the recipe to suit your taste buds and choose the ingredients according to the results of your Metabolic Type. Whether you are the carbohydrate, protein or the mixed types, there is something in there, especially for you! So, just explore, cook and feast! With painstaking research and years of practice, Dr. Lau separates fact from fiction. In this book, he busts popular myths, one by one, and explores what approach works, what alternatives a scoliosis patient has and how it is possible to create a comprehensive plan to achieve peak physical and spinal health. Inspired by the extraordinary resilience of the Aboriginal groups of Australia and native African tribes that rarely suffer from scoliosis, Dr. Lau prescribes an easy-to-follow, clinically proven program that harks back to what our bodies were originally designed for and need to survive on. This book will set you on the path to total recovery by simply following the three-step process. Modern medicine, alone, has failed to effectively manage the condition of Scoliosis, said Dr. Lau. "The treatment program I designed combines ancient wisdom with modern research and technology, culminating in the best overall results. Today, as a practicing chiropractor and nutritionist, I am more certain than ever that scoliosis, and other disorders, can be prevented and treated effectively. Who is the Health in Your Hands Program for? Just so that you know the great results you are in for, here's what this book will help you in: - Reduce pain and inflammation related to scoliosis- Enhance spinal growth and development- Strengthen your muscles- Normalise muscle tightness's- Rebalance your hormones- Boost you energy levels- Prevent spinal degeneration- Help you achieve your ideal body size- Reduces your allergic reactions- Give you a higher immunity- Improved sleep The book is easy to read for anyone even without medical knowledge to understand but is in-depth enough and fully referenced for fitness & rehabilitation professionals. Medical professional that have purchased the book include Chiropractors, Personal Trainers, Yoga instructors, Osteopaths, Medical Doctors and Occupational Therapist.

10 oz sirloin steak nutrition facts: Dana Carpender's Keto Fat Gram Counter Dana Carpender, 2019-10-01 Need help figuring out what you can and can't eat on your keto diet? Low-Carb Queen Dana Carpender takes the guesswork out of knowing which foods are on or off the table with this handy little guide. This book includes a comprehensive directory of total fat, carbs, protein, fiber, and calorie amounts for countless types of food—from meat, fruits, and vegetables to popular packaged and restaurant foods. Also included are the best keto/low-carb tips from the Low-Carb Queen herself. This is a perfect quick reference to help you balance your macronutrients for a successful keto/low-carb/intermittent fasting lifestyle. Grab this little book and carry it in your purse, pocket, or briefcase and you'll never struggle to stay keto.

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sport. Highlighting masters athletes—older adults who train and compete in organized sports—Nutrition and Performance in Masters Athletes examines the extent to which regular physical training can impact these changes. This book bridges the gap between theory and practice, addressing nutritional, exercise and sport sciences, and the actual performance of masters athletes and older exercisers. It reviews in detail many age-related changes that occur in the physiological systems, provides implications of these changes for masters athletes, coaches and clinicians, explores scientifically-based methods to maximize sprint, strength and power, team sport players, endurance and ultra-endurance performance, and focuses on the unique nutritional needs of master athletes. Examines the Growing Body of Knowledge on Masters Athletes Each chapter has been written by a world-leading authority in their field. Contributors focus on a specific topic and discuss available research. Incorporating information from studies on younger and older athletes and healthy older non-athletes, they help determine the training and nutrition implications for sports medicine professionals and clinicians, masters athletes and coaches, and future research directions for academic and postgraduate students. The book includes material on endurance, ultra-endurance, speed, strength and power, and team sports athletes. Sections cover macronutrients (carbohydrate, fat and protein needs), micronutrients (vitamin and mineral needs), fluids and hydration; supplements and ergogenic aids, nutrition for chronic disease, and the training/nutrition needs of every type of masters athletes. Nutrition and Performance in Masters Athletes is highly recommended for medical and health professionals, fellow academics, postgraduates with an interest in masters athletes, as well as masters athlete coaches and masters athletes, and administrators wanting to assist their members.

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