



The Cyclist's Food Guide, 2nd Edition: Fueling for the Distance

RD, Nancy Clark MS

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This 2nd and revised edition of Cyclist's Food Guide: Fueling for the Distance is a nutrition guide for novice and seasoned bicyclists who want help fueling themselves for long rides, races, tours, and cycling adventures that last hours, days, or weeks. This easy-reader is filled with tips about how to eat before, during, and after long rides; manage your day-to-day eating so you can eat easily but well; lose weight yet maintain energy to ride up the hills; and add power and pleasure to your cycling adventures. The Cyclist's Food Guide is: a nutrition book that helps you with day to day eating for high energy; a sports nutrition resource with facts about fueling for performance; a food book with easy ideas for meals and snacks; and a source of inspiration to help you enjoy your cycling challenges.

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