

# Resources

## Internet

Active.com  
[www.active.com](http://www.active.com)

American College of Sports Medicine  
[www.acsm.org](http://www.acsm.org)

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

Crucible Fitness  
[www.cruciblefitness.com](http://www.cruciblefitness.com)

Gatorade Sports Science Institute  
[www.gssiweb.com](http://www.gssiweb.com)

National Dairy Council  
[www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org)

The Physician and Sports Medicine  
[www.physsportsmed.com/personal.htm](http://www.physsportsmed.com/personal.htm)

Sports, Cardiovascular and Wellness Nutritionists  
(SCAN)  
[www.scandpg.org](http://www.scandpg.org)

Sports Medicine at About.com  
[www.sportsmedicine.about.com/od/sportsnutrition](http://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

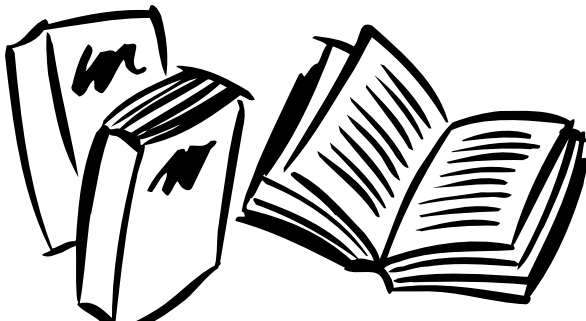
*Endurance Sports Nutrition*  
Suzanne Girard Eberle, MS, RD  
Human Kinetics, Champaign, IL  
2000

*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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