



The U.S. Navy SEAL Guide to Nutrition

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The U.S. Navy SEAL Guide to Nutrition was originally developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare (NSW) community. This comprehensive guide covers all the basics of physical well-being as well as advice for the specific challenges encountered in extreme conditions and mission-related activities. With a special emphasis on nutrition and healthy eating, everyone will benefit from these tried and true methods of guiding your body to peak physical condition.

Topics covered include:

- The relationship between energy expenditure and energy intake
- Body size and body mass index
- Energy-providing macronutrients and micronutrients
- When and how much to drink
- Healthy snacking
- Nutritional considerations for endurance activities and strength training
- Food for the field

Compiled by physicians and physiologists chosen for their intimate knowledge of the NSW and SEAL community, this manual is an excellent resource for anyone who wants to boost his or her health, nutrition, and general well-being.

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Andrea Toliver:

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Lamont Williams:

Information is provisions for people to get better life, information currently can get by anyone on everywhere. The information can be a knowledge or any news even a problem. What people must be consider when those information which is within the former life are challenging to be find than now's taking seriously which one would work to believe or which one the actual resource are convinced. If you obtain the unstable resource then you get it as your main information there will be huge disadvantage for you. All those possibilities will not happen within you if you take The U.S. Navy SEAL Guide to Nutrition as the daily resource information.

Duane Coley:

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Ralph Sanchez:

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