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Performance Nutrition Manual

**University of Washington
Sport Nutrition Department**

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As a student athlete, you have the power to improve your performance through food. This manual will help guide you in making smart nutrition choices throughout your competitive year. The stress you endure through sport and school increases your nutrition needs. You must have plenty of the right food to compete at your highest level.

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Performance Nutrition Manual

**Patricia A. Deuster, Pierre A.
Pelletier, Anita Singh**



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