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Nancy Clark RD Sports Nutritionist Author

Nancy is a registered dietitian (RD) and board certified specialist in sports dietetics (CSSD). She offers one-on-one personalized sports nutrition counseling to casual exercisers and competitive athletes at her private practice in the Boston-area (Newton).

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Nancy Clark RD Sports Nutritionist

Nancy, in the section on carbohydrates in your Sports Nutrition Guidebook, you wrote that half of the grains we eat should be whole grains. The last few years I have steered away from refined white flour and processed grain-products, like white pasta, white bread and white rice.

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Nancy Clark's Sports Nutrition Guidebook Nancy Clark

Nancy Clark, MS, RD, CSSD, renowned author and board-certified specialist in sports dietetics, is known for her ability to translate the science of nutrition for exercise and health into practical tips to enhance performance, manage weight, and resolve eating disorders.

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Sports Nutrition with Nancy Clark Podcast In today s podcast episode, Jess interviews legendary sports dietitian Nancy Clark. As a board certified as a specialist in sports dietetics, Nancy is the best selling author of the popular Sports Nutrition Guidebook, now in its 5th edition.

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Nancy Clark MS RD Nutrition Sports Exercise CEUs

Nancy Clark, an internationally respected sports nutritionist, is a registered dietitian who is board certified as a specialist in sports dietetics (CSSD).

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Nancy Clark Sports Nutrition 2013 Exercise ETC

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Boost your energy, build muscle, lose fat, and improve your performance with the best-selling sports nutrition guide! Nancy Clark's Sports Nutrition Guidebook-5th Edition includes the latest research on hydration, vitamins, supplements, energy drinks, organic foods, and balancing carbohydrate and protein intake for exercise and competition.

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