



# **Sports Nutrition for You and Your Dog: Nutrient & Supplement Guidelines for the Human & Canine Athlete (Lost Temple Fitness for People & Pets) (Volume 4)**

*Karen Cutler*

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## **Sports Nutrition for You and Your Dog: Nutrient & Supplement Guidelines for the Human & Canine Athlete (Lost Temple Fitness for People & Pets) (Volume 4) Karen Cutler**

Are you and your dog involved in sports, sprinting or endurance activities? A proper diet is important in both pets and people in everyday life, but may differ from those with an active lifestyle. I have put together some guidelines to show you how nutrition plays a role in both the canine and human athlete. This book is based on research that shows how the following are used in sports and everyday life for both humans and canines: Protein, Fats, Carbohydrates, Water, Vitamins, Minerals and Supplements. Dogs and humans are both omnivores (eat both plants and meat) and share many similarities in how they utilize these nutrients that help supply energy. On the other hand, there are some differences. For example, in humans, high intense exercise primarily utilizes carbohydrates, but the nutrients that supply energy in exercising canines come from primarily fat and then from carbohydrates.

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