



Book Review

Macroelements, Water, and Electrolytes in Sports Nutrition, by J.A. Driskell and I. Wolinsky (CRC Press 1999)

This text is the latest in the *Nutrition in Exercise and Sport* series by CRC Press. The volume is 256 pages in length and contains 12 chapters. The authors represent a spectrum of interdisciplinary expertise that is well matched to the topic at hand. The volume includes excellent introductory and summary chapters, and the body is divided into three topic areas: "Macroelements" (with three chapters that address calcium, phosphorous, and magnesium in exercise and sport), "Water and Electrolytes" (with five chapters that address water, sodium, chloride, potassium, and fluid and electrolyte replacement), and "Supplements" (with two chapters that address magnesium, phosphate, calcium supplementation, and sport beverages. The text is very well

integrated; each chapter stands alone as a good summary of our current understanding of the respective topic, and the individual chapters add up to a whole that is greater than the sum of its parts. The chapters are in general, well illustrated, with an appropriate use of figures and tables, and each topic is covered in a clear, balanced, and economical format. The chapters are thoroughly referenced and combine, where appropriate, recommendations for dietary intake *or* a discussion of areas in which further research is warranted. This is a useful addition to the series and should be of interest to educators, clinicians, athletic trainers, and students.

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