



# **Bicycling Magazine's Nutrition for Peak Performance: Eat and Drink for Maximum Energy on the Road and Off (Bike Trade)**

*Ed Pavelka, Ben Hewitt*

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Nutrition ranks as one of the most asked-about topics by *Bicycling* magazine readers. Now, the magazine's top experts show you how to eat strategically before, during, and after your ride to keep you at your physical peak.

Discover how to:

- Beat the bonk.
- Determine if you need supplements.
- Choose the right amount of carbs, fat, and protein for you.
- Follow five different diets for five different rides.
- Determine if sports drinks are worthwhile.
- Avoid the top five worst foods for cycling.
- Control your weight effectively--without losing energy.

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