

CAPÍTULO VII

REFERÊNCIAS BIBLIOGRÁFICAS

American College of Sports Medicine. Position stand. Exercise and fluid replacement. Med. Sci. Sports Exerc. 28:I - vii,1996.

American Dietetic Association (ADA). Timely Statement of the American Dietetic Association: Nutrition Guidance for Adolescent Athletes in Organized Sport. J. Am. Diet Assoc 1996;96:611-2.

American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. J Am Diet Assoc. 2000;32(12):2130-45.

Banza, A. (2003/2004). Avaliação de conhecimentos e hábitos alimentares em atletas de competição de várias modalidades.

Barata, T. (1997): Actividade Física e Medicina Moderna. Europress. Odivelas.

Bear, J. L.(2001). Iron biology and immune function, muscle metabolism and neuronal functioning. Journal of Nutrition, 131, 568S-580S.

Biesek, S. Alves, L.A & Guerra, I. (2005). Estratégias de Nutrição e Suplementação no Esporte. Barueri, São Paulo: Manole.

Committee on Sports Medicine and Fitness. Intensive training and sports specialization in young athletes. Pediatrics. 2000;1006;154-157.

Fernández, M.D., Saínz, A.G., Gárzón, M.J.C. (2002). Treinamento Físico-desportivo e alimentação – da infância à idade adulta. 2^a edição. Porto Alegre: Artmed Editora S.A.

Food and Nutrition Board, Commission on Life Sciences, National Research Council. Recommended Dietary Allowances. 10 th Edition. Committee on Dietary Allowances 1 Washington D.C., National Academy Press, 1989.

Grantham-McGregor, S., & Ani, C. (2001). A review of studies on the effect of iron deficiency on cognitive development in children. *Journal of Nutrition*, 131, 649S – 668S.

Hay, J. (1988). The status of research on the Biomechanics of Swimming. In: B. Ungerechts, K. Wilke e K. Reischle (eds.), Swimming Science V, pp. 3-14. Human Kinetics Books, Champaign, Illinois.

Horta, L. (1996). Nutrição no desporto. 2^a ed. Lisboa: Editorial Caminho S.A.;

Jorge, Ricardo (2006). Tabela da composição de alimentos - Instituto Nacional De Saúde.

Lanou, A. J., Berkow, S. E., & Barnard, N. D. (2005). Calcium, dairy products, and bone health in children and young adults: A reevaluation of the evidence. *Pediatrics*, 115, 736 – 743.

Maglischo, E. W. (2003). Swimming fastest, Human Kinetics. Champaign, Illinois.

Majean, H. G. Callec, M. Enterrados, C. & Juvins, A. (1987). Approche Physiologic du Judo sur le Terrain. Medisport, volu. 60, n.^o 4.

Maughan, R.J., Burke, L.M. Nutrição esportiva. Artmed Editora S.A. Porto Alegre, 2004.

Meyer, F., & Bar-Or, O. (1994). Fluid and electrolyte loss during exercise: The pediatric angle. *Sports Medicine*, 18, 4–9.

Meyer, Flavia; O'Connor, Helen; Shirreffs, Susan M. Nutrition for the Young Athlete. *Journal of Sports Sciences*, 2007; 25 (S1): S73-S82.

Monteiro, L. (1996). Métodos de Treino Anaeróbio Láctico no Judo. Revista Técnica e Informativa, nº 2, 26-32.

National Academy of Sciences. Washigton, Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc (2001).

National Academy of Sciences. Washigton, Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride (1997).

National Academy of Sciences. Washigton, Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin and Choline (1998).

National Academy of Sciences. Washigton, Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium and Carotenoids (2000).

Ortega R.M. Nutrición y deporte en la adolescencia. Anales Españoles de Pediatría 1992;49:100-102.

Petrie, H, J. Stover, E, A & Horswill, C, A. Nutritional Concerns for the Child and Adolescent Competitor. Gatorade Sports Science Institute, Barrington, Illinois, USA, Nutrition 20:620-631, 2004.

Shirreffs, S. M., Casa, D. J., & Carter, R., III. (2007). Fluid needs for training and competition in athletics. Journal of Sports Sciences, 25, S83 – S91.

Thompson JL. Energy balance in young athletes. Int J Sports Nutr 1998; 8: 160-74.

ANEXOS

ANEXO 1

Questionário – Dados Pessoais

ANEXO 2

Questionário – *Registo Alimentar*

ANEXO 3

Registo da Avaliação Nutricional

ANEXO 4

Recomendações dos Aportes Dietéticos (Recommended Dietary Allowances)