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Fiona Hunter, Penny Hunking

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Juices can boost energy levels, aid fluid and electrolyte replacement, and provide invaluable carbohydrates to maintain stamina. Every one of these 50 tasty juices and smoothies, made from fresh fruit and vegetables, has been especially designed to keep exercisers feeling great. Both weekly gym-goers and regular marathoners can benefit from such power-packed pick-me-ups as Carrot and Kiwifruit (great for athletes training in low light); calcium-rich Orange and Raspberry; and a scrumptious, cancer-inhibiting Banana and Peanut Butter Smoothie. An introduction offers an overview of sports nutrition, eating and competing, top ingredients, and juice and smoothie preparation.

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