



## **Navy Seal Nutrition Guide (008-046-00171-5)**

*Patricia A. Deuster Ph.D., Anita Singh Ph.D., Pierre A. Pelletier*

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By Patricia A. Deuster, et al. Prepared for the Navy's SEAL (Sea-Air-Land team) community. Designed to provide nutritional information for SEALs. Includes nutritional considerations for endurance activities, strength training, and exposure to heat and cold.

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