

Errata

Sports Nutrition

Seventh Edition

Note: The following errata only appears in the first printing of *Sports Nutrition*, 7th Ed. To determine the print run of your book, consult the middle of the copyright page, which is the page directly before the Table of Contents. The last numeral in the countdown starting with 10 indicates the print run of the book. In the example below, the book would be in its first printing since the 1 is the last digit in the string of numerals.

10 9 8 7 6 5 4 3 2 1

Location	Original	Update																				
Page 232, Box 10.2 Cunningham equation	Males RMR (kcal/d) = 370 + 21.6FFM Females RMR (kcal/d) = 370 + 21.6FFM where FFM = fat-free mass in kg	Males and females RMR (kcal/d) = 500 + 22FFM where FFM = fat-free mass in kg																				
Page 236, Box 10.3	Title of box: 2023 Dietary Reference Intakes for Energy Based on Physical Activity Levels <table><tr><th>Physical Activity Level (PAL) category</th><th>Mean PAL value (range)</th></tr><tr><td>Inactive</td><td>1.25 (1.1-1.39)</td></tr><tr><td>Low Active</td><td>1.50 (1.40-1.59)</td></tr><tr><td>Active</td><td>1.75 (1.60-1.89)</td></tr><tr><td>Very active</td><td>2.20 (1.90-2.50)</td></tr></table>	Physical Activity Level (PAL) category	Mean PAL value (range)	Inactive	1.25 (1.1-1.39)	Low Active	1.50 (1.40-1.59)	Active	1.75 (1.60-1.89)	Very active	2.20 (1.90-2.50)	Title of box: 2023 Dietary Reference Intakes for Energy Based on Physical Activity Levels for Ages 19 and Over <table><tr><th>Physical Activity Level (PAL) category</th><th>PAL range</th></tr><tr><td>Inactive</td><td>1.00 ≤ PAL < 1.53</td></tr><tr><td>Low Active</td><td>1.53 ≤ PAL < 1.68</td></tr><tr><td>Active</td><td>1.68 ≤ PAL < 1.85</td></tr><tr><td>Very active</td><td>1.85 ≤ PAL < 2.50</td></tr></table>	Physical Activity Level (PAL) category	PAL range	Inactive	1.00 ≤ PAL < 1.53	Low Active	1.53 ≤ PAL < 1.68	Active	1.68 ≤ PAL < 1.85	Very active	1.85 ≤ PAL < 2.50
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Page 236, Box 10.4	Males, very active EER = 517.88 - (10.83 × age) + (15.61 × height) + (19.11 × weight)	First number of the equation should start with -517.88 EER = -517.88 - (10.83 × age) + (15.61 × height) + (19.11 × weight)																				

Location	Original	Update
Page 237, Box 10.5	Athlete profile A 30-year-old male endurance athlete (very active) is 1.75 m (5 ft 9 in) tall and weighs 73 kg (160.6 lb). The estimated physical activity level (PAL) for this athlete is 2.2. Estimate using updated Estimated Energy Requirement (EER) equation $\text{EER} = 517.88 - (10.83 \times \text{age in years}) + (15.61 \times \text{height in centimeters}) + (19.11 \times \text{weight in kilograms})$ $\text{EER} = 517.88 - (10.83 \times 30) + (15.61 \times 175) + (19.11 \times 73) = 4,317 \text{ kcal/d}$	Athlete profile A 30-year-old male endurance athlete (very active) is 1.75 m (5 ft 9 in) tall and weighs 73 kg (160.6 lb). Estimate using updated Estimated Energy Requirement (EER) equation <i>First number of the equation should start with -517.88; the result of the final equation has been updated.</i> $\text{EER} = -517.88 - (10.83 \times \text{age in years}) + (15.61 \times \text{height in centimeters}) + (19.11 \times \text{weight in kilograms})$ $\text{EER} = -517.88 - (10.83 \times 30) + (15.61 \times 175) + (19.11 \times 73) = \mathbf{3,284} \text{ kcal/d}$

Thank you to those that brought this error to our attention. Please contact publications@eatright.org with any questions or concerns.