

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 $\text{RMR (kcal/d)} = 370 + 21.6\text{FFM}$ Females $\text{RMR (kcal/d)} = 370 + 21.6\text{FFM}$ where FFM = fat-free mass in kg	Males and females $\text{RMR (kcal/d)} = 500 + 22\text{FFM}$ where FFM = fat-free mass in kg

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

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