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UNIT 1: CELL STRUCTURE AND FUNCTION, ISSA Nutrition: The Complete Guide, Official Course Text for ISSA's Specialist in Fitness Nutrition Program by John Berardi, PhD, Ryan Andrews, MS/MA. RD, International Sport Sciences Association Certification Course, First edition, 2009, Carpinteria, CA.

ISSA Fitness Nutrition: Unit 1 Vocabulary Flashcards | Quizlet

The textbook that comes with the ISSA Nutritionist is called Nutrition: The Complete Guide, and is currently in its second edition. The textbook is pretty comprehensive and covers all essential parts of a sound nutritional coaching course.

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The ISSA recommends that fat calories stay at around 15% of total calories. Please keep in mind that many people, especially in the US, are accustomed to very high fat diets. Often time clients may come to you with a diet closer to 50% of calories from fat!

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