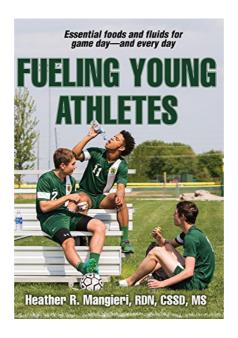
kYpkF [GET] Fueling Young Athletes



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Young athletes are always on the go. School, family, and sports eat up a lot of time. For parents and coaches, it can be a challenge to make sure kids are eating healthfully enough to perform at their best on and off the field. Fueling Young Athletes provides the help you need. In this practical guide, Heather Mangieria sport dietitian and mother of three active kidsbreaks down the nutrition needs of young athletes and explains what the latest research suggests. Youll analyze current eating habits and preferences and how and where these can be improved. Youll learn how healthier meals and snacks can equate to improved performance while still being convenient and appetizing. Fueling Young Athletes addresses the issues that families and athletes most often face, such as late-night practices, inconvenient school lunchtimes, demanding tournament schedules and travel leagues, and lack of sleep. Best of all, youll find a collection of easy recipes for smoothies and sport drinks, all with common ingredients and nutrition information. Weight management, supplementation, fueling, hydrationits all here. Fueling Young Athletes is practical and realistic. If you are a parent or coach, its the one guide you should not be without.REVIEWS"Fueling young athletes is certainly a topic that deserves more attention from parents and coaches alike. Too many kids endure needless fatigue. Don't let your child be one of them!"Nancy Clark, MS, RD, CSSD, Author of best-selling Nancy Clarks Sports Nutrition Guidebook, Fifth EditionHeather Mangieri excels at helping athletes, parents, and coaches understand the healthy habits that allow young athletes to succeed and perform at their best. Donald Hooton Sr., Founder and President, Taylor Hooton FoundationHeather Mangieri is not only a sport nutrition expert, but shes also a parent of active kids. She knows how challenging it can be to eat right when managing crazy schedules, multiple practices, and travel. She shares her extensive experience here through practical, realistic nutrition guidance that every athlete and parent can use. Dawn Jackson Blatner, RDN, CSSD, Author of The Flexitarian Diet (McGraw Hill), Winner of ABC hit TV show My Diet Is Better Than Yours

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