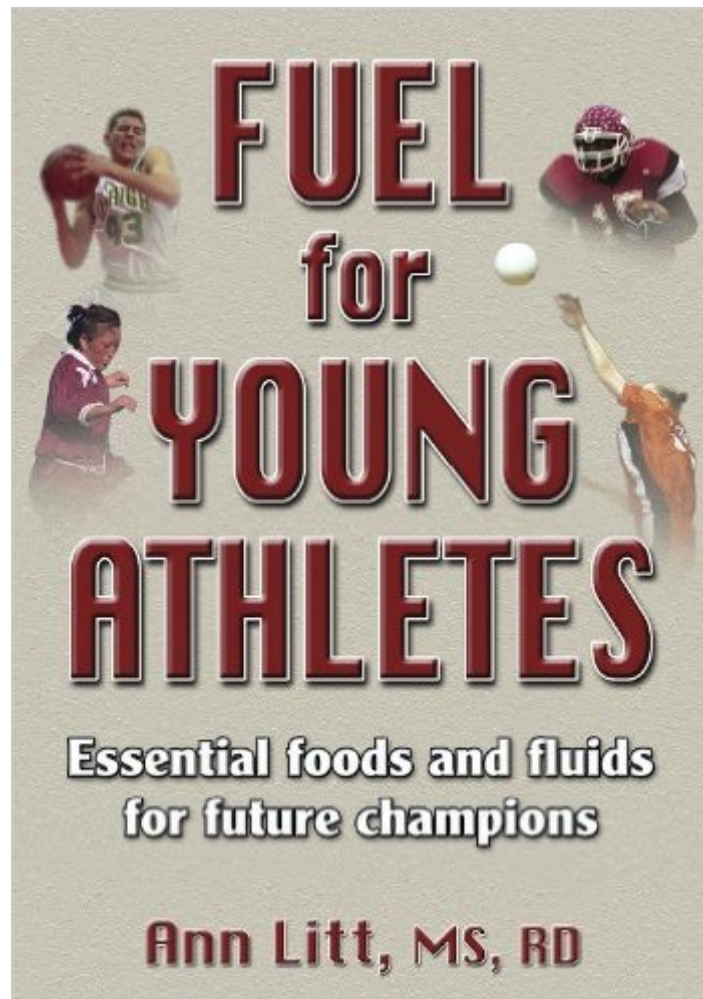


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# Fuel For Young Athletes: Essential Foods And Fluids For Future Champions



## Synopsis

Young athletes need more than practice to succeed in sport. They need a proper diet that will leave them energized and able to perform their best throughout the entire game. Whether you're a coach, parent, or nutritionist, you can help young athletes fuel for energy, development, and performance through the sound nutritional guidelines presented in *Fuel for Young Athletes*. Author Ann Litt, a frequently consulted nutritionist, columnist, and mother of two teenage athletes, presents the most essential guidelines for athletes in middle school through high school. Litt provides a complete resource filled with practical advice that coaches, parents, and even athletes themselves can apply directly to the training table. Among the topics she covers are food and fluid guidelines for young athletes, food plans tailored to the specific energy needs of 11 sports, recipe and snack ideas that appeal to teens and give them extra power on the playing fields and courts, fuel for muscle development and bone growth, eating for endurance training, tactics for safely gaining and losing weight, dietary supplements, high-performance meal planning, eating well in fast-food restaurants, and strategies for disordered eating. *Fuel for Young Athletes* helps growing athletes meet their nutritional needs and guides them toward both optimal health and athletic success.

## Book Information

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## Customer Reviews

Parents are always asking around at swim meets and practices, "what do you feed your swimmer? During the race day? At night or for breakfast before the next meet?" We feel responsible for making sure our kids have enough of the right stuff to eat to swim fast during the day, and yet not eat too much they make themselves sick or slow them down. I read the bulk of this book within a couple

hours. It was organized extremely well. The beginning of the book talks about foundations of nutrition as they relate to young athletes and differentiating them from non-athletes. Then it provided great rules of thumb about what and when to eat depending on the type of sport your young athlete is involved. My children are year-round swimmers. I never thought about the fact that their nutrition needs for 3 hours of endurance training are completely different than race days where they swim in short spurts of a minute or two. This book helped us understand these facts and create a winning diet plan for both situations. The ideas in this book helped me answer so many of my questions that I've recommended and lent this book to several parents on our swim team.

The information is based on the outdated Food Pyramid and not new nutritional guidelines. You keep wondering how the recommendations would change if the authors were aware of the new guidelines. The water consumption info is useful.

This book explains the importance of nutrition for athletes very effectively. The suggestions are very helpful and the recipes work well.

This book contains exactly the kind of info I was searching for (young athlete diet, rest, hygiene, nutrition and hydration) and so much more. It's easy to read, clearly stated and well organized. Every child and parent will definitely benefit from this book weather your child is an active athlete or a backyard fun-monkey.

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