



## Feeding the Young Athlete: Sports Nutrition Made Easy for Players, Parents and Coaches

By Cynthia Lair

Readers to Eaters. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 8.9in. x 6.1in. x 0.5in. Eat to win! Practice is only part of a winning sports strategy. Whole foods have to be part of the playbook to increase energy, endurance, and focus, both on and off the field. What to eat and when to eat, pre-game, during and afterwards How much fluid do you need to be hydrated What to eat when you're on the road These are critical answers to have for young athletes, competing on a demanding schedule and eating on the run. In this expanded second edition, simple nutritional lessons are organized into 10 Essential Eating Guidelines and recipes for cooking healthy meals and snacks with whole grains and vegetables. These recipes and eating tips offer a gateway for young players, parents, and coaches to improve performance and establish lifelong eating habits. Cynthia Lair, nutritionist, culinary director at Bastyr University--and soccer mom--along with dietitian and triathlete, Scott Murdoch, PhD, bring you this essential reading for today's young athlete to make or choose great foods and drinks that nourish and replenish, at home, at school, or on the road. This item ships from multiple locations. Your book may...



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