

# Youth Sports Nutrition Tips

## STAY HYDRATED!

- Drink water throughout the day
- Take sips of water often during practices and games
- Consider hydration drinks or powder for longer practices and games
- Look in the toilet to see if you're hydrated (urine color!)



### URINE COLOR



## PRE-GAME

- 2 hours before have a meal with carbohydrate, protein, and fat



- 30 minutes before have a snack containing an easy to digest carbohydrate source



## RECOVERY

- Within 30 minutes have a protein and carbohydrate-containing snack or drink to refuel and repair



- 2 hours after have a recovery meal or larger snack to continue to top up your energy stores

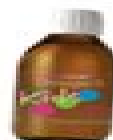


## NUTRITION SUPPLEMENTS FOR YOUTH ATHLETES

- Vitamin D- 800 IU  
Drops, gummies or chewables



- Omega 3  
(if you're not eating fish 2x a week)  
NutraSea for Kids has both Vitamin D + Omega 3



- Multivitamin

Centrum Junior Complete has both Iron and Calcium



CLINICAL NUTRITION EXPERT

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# Ideas Nutrition Guide

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## **Ideas Nutrition Guide:**

*Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.),1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index      **Nutrition Education Materials** Holly Berry Irving,1987      **Nutrition Program News ; for Exchange of Information on Nutrition Programs and Activities** ,1958      *Jump Start Health! Practical Ideas to Promote Wellness in Kids of All Ages* David Campos,2015-04-18 This dynamic resource will help classroom teachers jump start their students on a path to a healthy lifestyle The author helps us understand the obesity crisis and offers practical ideas for incorporating wellness initiatives into the elementary curriculum Each idea presented has a clear learning objective addresses federal health standards and includes a step by step approach with activities for the classroom This hands on comprehensive book provides a set of tools that will help teachers and health practitioners improve the eating habits and exercise patterns of youngsters nationwide Unlike other health curricula Jump Start Health is unique because it provides teaching materials that Ask a range of critical thinking questions Encourage collaboration and community building Embody the National Education Standards and National Health Standards David Campos is an associate professor of education at the University of the Incarnate Word in San Antonio Texas In the rich tradition of a child centered curriculum David Campos presents a useful comprehensive and clear resource for keeping children physically and psychologically healthy Providing a rich context for a well being perspective he guides teachers parents and the community through understanding the necessity for all adults to ensure a nurturing environment for every age child Mari Koerner Professor and Dean Mary Lou Fulton Teachers College Arizona State University This how to manual is a panoply of original lesson plans and practical strategies for eradicating the poor dietary and exercise habits that are diminishing the health and wellness of our society This book is a definitive guide for restoring and maintaining one of our most precious commodities the health and well being of our children La Vonne I Neal Northern Illinois University Dean College of Education Dr Campos has made a valuable contribution to the national discussion regarding how we as a country can effectively address the evolving tragedy of the childhood obesity epidemic Norman H Chenven M D Founder CEO Austin Regional Clinic      *Food and Nutrition Information and Educational Materials Center catalog* Food and Nutrition Information Center (U.S.),1976      **Bibliographies and Literature of Agriculture** ,1989      *Nutrition Education Printed Materials and Audiovisuals* Shirley King Evans,1990      **Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975** National Agricultural Library (U.S.),1975      **Shellfish Culture, 1979-1986** Deborah T. Hanfman,1987      **Quick Bibliography Series** ,1976

## **Ideas Nutrition Guide** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Ideas Nutrition Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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