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Nota di contenuto	Part 1. Sport nutrition for today's athletes: Building a champion ; Day-to-day nutrition for healthy growth -- Part 2. Nutrition needs for sports and individual goals: Fueling and hydrating for sport ; Adjusting body composition to reach your goals ; Fueling for game day ; Understanding supplements ; Identifying and dealing with disordered eating -- Part 3. Customize your sport nutrition plan: Creating your personal plan ; Breaking down barriers to healthy eating -- Part 4. Recipes: Liquid-fuel recipes ; Solid-fuel recipes -- About the author.
Sommario/riassunto	In this practical guide, Heather Mangieri—a sport dietitian and mother of three active kids—breaks down the nutrition needs of young athletes and explains what the latest research suggests. You'll analyze current eating habits and preferences and how and where these can be improved. You'll 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, you'll find a collection of easy recipes for

smoothies and sport drinks, all with common ingredients and nutrition information. Weight management, supplementation, fueling, hydration—it's all here. Fueling Young Athletes is practical and realistic. If you are a parent or coach, it's the one guide you should not be without. -- Publisher.
