



Eat Like a Champion: Performance Nutrition for Your Young Athlete (Paperback)

By Jill Castle

Amacom, United States, 2015. Paperback. Condition: New. Special ed.. Language: English . Brand New Book. Kids have their own nutritional needs - especially athletic kids. Yet most young athletes aren't eating properly to compete. Even if they're on a healthy diet, it's often supplemented by convenient but empty calories that are actually slowing them down. Fortunately, with the right nutrition, young athletes can increase their energy, bolster their motivation, gain muscle mass, overcome fatigue, and improve their performance. Eat Like a Champion will help their parents: Tailor diets for training, competition, and even off-season Find the best food options, whether at home or on the go Address counterproductive or unhealthy eating patterns Understand where supplements, sports drinks, and performance-enhancing substances do - and don't - fit in It took a registered dietitian who specializes in child and adolescent nutrition to write a book as focused and informative as this - complete with charts, recipes, and practical meal and snack ideas that can help athletic youngsters eat to win. It's a must-read for every parent of active kids ages eight through eighteen.



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Reviews

It is an awesome publication which I actually have ever read through. It had been written really properly and valuable. I found out this book from my mom and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that I am sure that I will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin

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