

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



ADULT NUTRITION EXPERT

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Ideas Nutrition Guide

Huangqi Zhang



Ideas Nutrition Guide:

Ideas Nutrition Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have enthralled audiences this year. Ideas Nutrition Guide : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Ideas Nutrition Guide : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Ideas Nutrition Guide : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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