

# 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

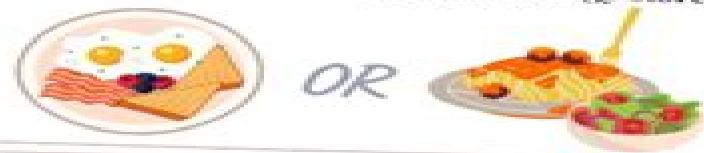


## RECOVERY

- 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

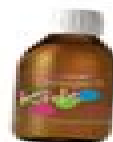


## NUTRITION SUPPLEMENTS FOR YOUTH ATHLETES

- 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

**M Tight**



## **Ideas Nutrition Guide:**

## Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Ideas Nutrition Guide**

In some sort of inundated with displays and the cacophony of instant communication, the profound energy and psychological resonance of verbal art usually fade in to obscurity, eclipsed by the continuous assault of sound and distractions. However, located within the lyrical pages of **Ideas Nutrition Guide**, a fascinating perform of literary beauty that impulses with organic feelings, lies an memorable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that mesmerizing opus guides visitors on a mental odyssey, delicately exposing the latent possible and profound impact embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is key styles, dissect their interesting publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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