

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

Sarah Remmer

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Ideas Nutrition Guide

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Ideas Nutrition Guide:

Whispering the Techniques of Language: An Mental Quest through **Ideas Nutrition Guide**

In a digitally-driven earth wherever monitors reign supreme and instant interaction drowns out the subtleties of language, the profound secrets and mental subtleties hidden within phrases often move unheard. However, set within the pages of **Ideas Nutrition Guide** a fascinating literary treasure pulsating with natural feelings, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, that wonderful opus invites readers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the emotional depths of this poignant evaluation, we shall embark upon a genuine exploration of the book is core styles, dissect its charming publishing type, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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