



# Fuel for Young Athletes: Essential Foods and Fluids for Future Champions

*Ann Litt*

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Young athletes need more than practice to succeed in sport. They need a proper diet that will leave them energized and able to perform their best throughout the entire game.

Whether you're a coach, parent, or nutritionist, you can help young athletes fuel for energy, development, and performance through the sound nutritional guidelines presented in *Fuel for Young Athletes*.

Author Ann Litt, a frequently consulted nutritionist, columnist, and mother of two teenage athletes, presents the most essential guidelines for athletes in middle school through high school. Litt provides a complete resource filled with practical advice that coaches, parents, and even athletes themselves can apply directly to the training table. Among the topics she covers are

- food and fluid guidelines for young athletes,
- food plans tailored to the specific energy needs of 11 sports,
- recipe and snack ideas that appeal to teens and give them extra power on the playing fields and courts,
- fuel for muscle development and bone growth,
- eating for endurance training,
- tactics for safely gaining and losing weight,
- dietary supplements,
- high-performance meal planning,
- eating well in fast-food restaurants, and
- strategies for disordered eating.

*Fuel for Young Athletes* helps growing athletes meet their nutritional needs and guides them toward both optimal health and athletic success.

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