



# Eat Like a Champion: Performance Nutrition for Your Young Athlete

*Jill Castle MS RDN CDN*

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## **Eat Like a Champion: Performance Nutrition for Your Young Athlete** Jill Castle MS RDN CDN

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 counter productive 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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