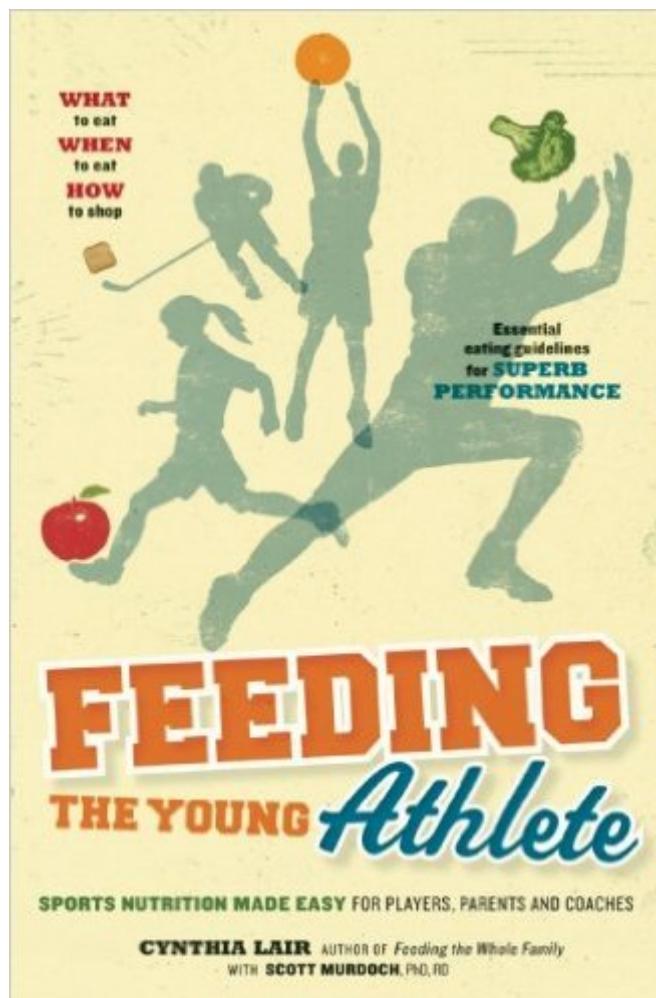


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# Feeding The Young Athlete: Sports Nutrition Made Easy For Players, Parents, And Coaches



## Synopsis

Eat to win! Practice is only part of a winning sports strategy. Whole foods have to be part of the playbook to increase energy, endurance, and focus, both on and off the field. What to eat and when to eat, pre-game, during and afterwards? How much fluid do you need to be hydrated? What to eat when you're on the road? These are critical answers to have for young athletes, competing on a demanding schedule and eating on the run. In *Feeding the Young Athlete: Sports Nutrition Made Easy for Players, Parents and Coaches*, simple nutritional lessons are organized into 10 Essential Eating Guidelines and recipes for cooking healthy meals and snacks with whole grains and vegetables. These recipes and eating tips offer a gateway for young players, parents, and coaches to improve performance and establish lifelong eating habits. Cynthia Lair, nutrition professor and culinary arts program director at Bastyr University--as well as a soccer mom--along with dietitian and triathlete, Scott Murdoch, PhD, bring you this essential reading for today's young athlete to make or choose great foods and drinks that nourish and replenish, at home, at school, or on the road.

## Book Information

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## Customer Reviews

We really liked the smart thinking in this book. My child is a multi-sport athlete and quite fit, and eats a TON of food. She plays club volleyball, and planning snacks and meals around a 12-hour tournament day (especially when they might go for 2-3 hours without a break) was daunting. This really helped me get her the energy she needs. Before this, I was doing a lot of things "wrong" - feeding her the larger meals too close to game times, and trying to get her to eat protein snacks just

before a game - and since I've read this book, she has performed better and had a more consistent energy level. I can even see the difference between her and her teammates based on what I see them all eating and when. Now it makes sense to me!

I enjoy both this book and Cynthia Lair's *Feeding the Whole Family* for their recipes which use many of the same whole food ingredients. Shopping for a few new items in the pantry will go a long way toward being able to enjoy many of the delicious, wholesome recipes in this book. I've gone through several copies of Feeding the Young Athlete because I keep giving it away to teen athletes and their families to emphasize the importance of whole foods over less nutritious foods that are often grabbed out of convenience by busy athletes on the run. The recipes in this book provide great ideas for team dinners, drinks, snacks, and nutritious meals.

This is a very clear, straightforward book with lots of helpful suggestions and some recipes. Cynthia Lair's book, Feeding the Whole Family, is my all-time favorite cookbook, so I was hoping for more recipes, but it's still helpful and the recipes it has are good ones. I had my teenage son read it and he actually got a lot out of it--he changed some of his eating habits because of it. It's well written and has lots of practical advice about what to eat, when to eat it, and why your body needs it. It also has good suggestions for quick snacks, good choices for when you're travelling, and other practical tips. LOVE this author.

I love Cynthia's writing style. She is so entertaining, but full of knowledge. This book is full of simple, healthy and fun recipes. I love that she includes bars, "gatorade" type drinks, etc. It's great to have the background of why different foods are better for your body and why some aren't

Excellent ideas for meals, snacks and general nutrition. This book isn't for everyone though. If you think cooking real food with whole-food ingredients is critically important then buy this book. Otherwise just keep buying those lunchables and gummy "fruit" snacks for your poor kids.

Good information, easy to read for either child (maybe 5th grade and up) or parent. Some of the recipes don't strike me as particularly child-friendly, and I have a kid who will eat almost anything, but an overall good book.

I love this book! As a nutrition student and athlete, I would highly recommend this book. It is easy to

read and the style captures the attention of the most distractible readers. It is filled with great, educational information for athletes and their parents as well as practical suggestion and easy, yummy recipes.

I just finished Cynthia Lair's book and was really impressed with how much useful information she packed into a simple, readable format. The subtitle, Sports Nutrition Made Easy, is exactly right. The chapters are divided into healthy food and drink recommendations for before, during and after games and how these foods feed our bodies and minds. I am looking forward to trying some of the recipes in the last third of the book for yummy breakfasts, dinners and snacks. A great resource for parents, teens and coaches who care about easy alternatives to junk food and the nutritional reasons behind them.

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