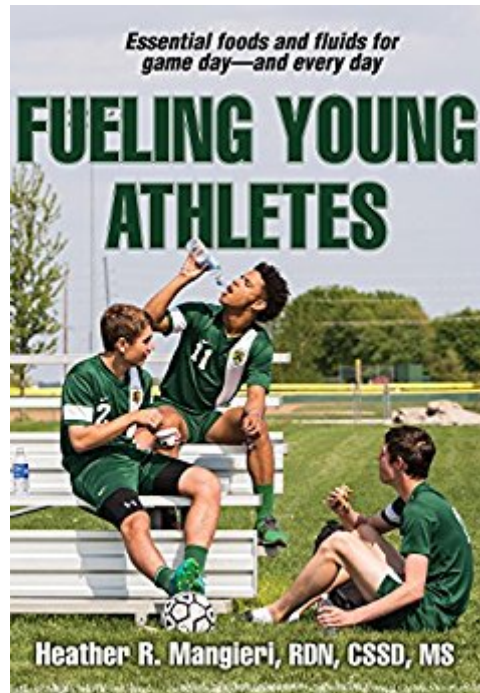




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Fueling Young Athletes



Synopsis

Young athletes are always on the go. School, family, and sports eat up a lot of time. For parents and coaches, it can be a challenge to make sure kids are eating healthfully enough to perform at their best on and off the field. *Fueling Young Athletes* provides the help you need. In this practical guide, Heather Mangieri—a sport dietitian and mother of three active kids—breaks down the nutrition needs of young athletes and explains what the latest research suggests. You'll analyze current eating habits and preferences and how and where these can be improved. You'll learn how healthier meals and snacks can equate to improved performance while still being convenient and appetizing. *Fueling Young Athletes* addresses the issues that families and athletes most often face, such as late-night practices, inconvenient school lunchtimes, demanding tournament schedules and travel leagues, and lack of sleep. Best of all, you'll find a collection of easy recipes for smoothies and sport drinks, all with common ingredients and nutrition information. Weight management, supplementation, fueling, hydration—it's all here. *Fueling Young Athletes* is practical and realistic. If you are a parent or coach, it's the one guide you should not be without.

REVIEWS "Fueling young athletes is certainly a topic that deserves more attention from parents and coaches alike. Too many kids endure needless fatigue. Don't let your child be one of them!" —Nancy Clark, MS, RD, CSSD, Author of best-selling *Nancy Clark's Sports Nutrition Guidebook*, Fifth Edition

Heather Mangieri excels at helping athletes, parents, and coaches understand the healthy habits that allow young athletes to succeed and perform at their best.

—Donald Hooton Sr., Founder and President, Taylor Hooton Foundation

Heather Mangieri is not only a sport nutrition expert, but she's also a parent of active kids. She knows how challenging it can be to eat right when managing crazy schedules, multiple practices, and travel. She shares her extensive experience here through practical, realistic nutrition guidance that every athlete and parent can use.

—Dawn Jackson Blatner, RDN, CSSD, Author of *The Flexitarian Diet* (McGraw Hill), Winner of ABC hit TV show *My Diet Is Better Than Yours*

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Customer Reviews

This book had my interest before I even purchased it. My daughter is very active in the summer time and we find it difficult to eat healthy before, during and after swimming. Fueling Young Athletes is a fantastic resource! Heather's love for her work with young athletes and their families can be felt from the first page of this book! This book is for the every day family, keeping health and nutrition simple. I have already suggested this book to my hockey mom friend and hope they enjoy it and find it helpful as much as I do. How lucky are we to be able to have such tools at our finger tips! The authors passion for nutrition and health is shown so strongly in her book. I love that she shows how to make balanced smoothies (and other recipes) with only a few ingredients- nothing fancy. Practical and easy for those of us that have kids that are always on the go. I highly recommend this for anyone that wants to eat healthy without spending hours in the kitchen. Hope you all enjoy it as much as we do. Great, great information!

Heather Mangieri has done an exceptional job of writing this clear/concise translation of complex science into easy to understand concepts. She uses numerous real-life case studies in each chapter to make these concepts completely relatable (the vegan athlete case study was so interesting!). It's so helpful how she explains WHY she makes specific recommendations - you can tell she really did her research to make this book both informative and cutting edge! It is obvious from page 1 that Ms Mangieri is passionate about nutrition! Her writing style allows the reader to feel like she's right there, walking you through the process of making your plan of action. There are tons of practical tips sprinkled thru-out every chapter, and numerous easy-peasy recipes at the end of

the book - Yum!! highly recommend this book to any busy family or coach who is eager to learn how good nutrition can help their young athlete perform better and live a healthier life! Five stars!!!

This is a must read for all trainers, coaches, wellness professionals and active lifestyle families. I have read, learned from and implemented lifestyle "tweaks" from some of the best. This book is in the same league as "The Paleo Solution: the original human diet" and "Wheat Belly." Want to know even more? Go to Nutrition CheckUp on Facebook. This is simply fantastic.

Heather Mangieri does a phenomenal job of conveying the science behind proper nutrition for sport's performance in terms that are easy to understand and apply, regardless of how familiar the reader is with the topic. In her first book, Heather impressively nails the art of creating a sense of "you can do this" attitude throughout her writing, as she walks her readers through how to make a personalized plan. Heather is realistic in her approach and very knowledgeable on nutrition for the adolescent athlete. Definitely would recommend this read to parents as well as adolescent athletes who want to get the most out of their food to enhance and perform at the optimal level. Great read, Heather! Five stars.

There is no shortage of resources for adult eating and nutrition, but I have had a hard time finding credible resources to make sure I am feeding my kids right. Neither of my daughters is an extreme athlete, but I do think the information is applicable to them around tennis practice or a typical day of running, biking, swimming, etc. There are so many conveniently packaged junk food snacks that are marketed to kids, and I struggle to figure out the right alternatives. And don't get me started about the day I had lunch with my kid at her elementary school and she had purchased buttered noodles and a bagel for lunch! I am definitely not a nutrition expert, yet I find the information to be presented in an engaging way that was super relatable and easy to understand. I just want to make sure my kids are eating properly and learning healthy, constructive eating habits while they are young, and I highly recommend this book for anyone with those same goals.

Most of the kids on my son's football team use dietary supplements and my son wants to take them too. I ordered this book specifically to learn more about them. It includes an entire chapter on the topic and answered all of my questions. It also gives great advice on how to talk to young athletes about supplements and where to find reliable information on specific brands. The rest of the book is packed full of information that I didn't even realize I should know! GREAT RESOURCE! Very happy

with this purchase!

This terrific book is comprehensive, accurate, easy to use and real life friendly!! Heather has done a great job putting together evidence-based sports nutrition advice for kids in all sports and with all sorts of needs. A must for your library if your kids play any kind of sports

I highly recommend this book for coaches and sports parents! As a busy Mom of young athletes and a Dietitian, I understand just how important the right fuel and adequate hydration is to their success on the playing fields. From Chapter 2 in the book "Adequate day-to-day nutrition is what supports healthy growth and development, boosts the immune system, and works to heal sports injuries." A solid foundation IS the number one priority. Heather's book is loaded with the need to know info on eating and hydrating for optimal sports performance and it's written in a easy to read format. Her years of experience working with athletes shines through in examples and case studies throughout the book. I especially loved the chapter on breaking down barriers to healthy eating...and in our house we have started eating an early Dinner right after school and before evening practices "Heather style" to make sure the kids are getting the right mix of nutrients and not filling up on snacks. We can then have a balanced "recovery" meal after when everyone is hungry...again. Love the simple recipes as well! Best part is, with a little "nutrition coaching" of your own, your kids and athletes will totally be on board!

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