



# **Sports Nutrition Made Simple..: a look at healthy eating for young aspiring athletes - performance - weight loss - healthy body**

*M Wolfe- Certified Youth Nutrition Specialist*

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Chapter 1: Why Is Protein Important?

Chapter 2: Why Are Carbohydrates Important?

Chapter 3: Why Are Fats Important?

Chapter 4: Micro-nutrients Why Are Vitamins And Minerals Important?

Chapter 5: What are Antioxidants and Free Radicals?

Chapter 6: Why Is Hydration Important?

Chapter 7: What Is the Forgotten Meal And Why Is It Important?

Chapter 8: Why Eat Organic?

Chapter 9: What is Metabolic Typing?

Chapter 10: What should I Know About Pre and Post Exercise/Competition Nutrition?

Chapter 11: Fast Food... Where and What Do I Eat?

Chapter 12: Healthy Snacks

APPENDIX A: POST EXERCISE SMOOTHIES

APPENDIX B: HEALTHY EATING GUIDELINES

APPENDIX C: The Rainbow

Appendix D: TOP NINE FOODS TO AVOID

Top 20 Healthy Snacks to Eat on the Run

This book is created for for parents, coaches and players participating in organized sport. The neat thing about the information here is that it can apply to you regardless if you are 8 or 58.

This book is a guideline to get you, your players or son or daughter started on the right track to improving performance in your sport. It is not a "one plan fit all"

Take advantage of the the "metabolic typing" questionnaire as this helps to give you, your players, or sons or daughters a better idea of what they need to eat on a daily basis. From that information modify it to either lose weight, gain weight or improve performance.

This book gives you simple suggestions that you can immediately implement. If you have your own personal nutritionist or dietitian this book is may not be for you.

" If the food comes from something that has a set of eyes, it is going to be higher in fats and proteins; fats and proteins most often come together in nature. For example, cows, sheep, birds and fish all have eyes and all provide higher protein/fat foods. Foods like vegetables, fruits and cereals do not come from a source that have a set of eyes and are generally much higher in carbohydrates and lower in fat and protein. There are a few exceptions to this rule such as nuts, seeds and avocados, which have no eyes, yet are high fat foods."  
"Remember many of the foods in places like McDonalds, Wendy's, Burger King, Tim Horton's, Mr. Sub and Subway are processed or enriched. Enriched food has the majority of the nutrients stripped away, and then later some is put back."

"Most buns in fast food restaurants contain High Fructose Corn Syrup (HFCS). This ingredient is like molasses. It is like eating something that is the liquid form of glue."

"Do not get caught up into the soybean oil hype that some fast food restaurants are now using to fry their meals."

"Snacking has become a way of life for both adults and children. In today's society with everyone on the go there is less time for sound nutritional habits."

"Over 95 percent of women and children have at least one snack each day. Many common snack foods are high in fat, sugar and sodium. You don't have to look further than kids eating chocolate bars, chips and pop. If these foods are used for snacks frequently, they can affect our health."

"Orange and yellow foods such as oranges, peaches, papayas, nectarines are loaded with vitamin C and seem to protect against heart disease."

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