

# UNDERSTANDING SPORTS NUTRITION FOR TEENS

Sports nutrition for teens can help support energy levels and athletic performance. Follow these general guidelines to help your teen excel at what they love:



## Pre-workout fuel

Teens should eat a well-balanced meal 2-4 hours before exercise. Before game time, top off with easy-to-digest carbohydrates, such as fruit or graham crackers.



## Hydration

Teens need 34 to 50 ounces of water every hour during exercise. An electrolyte drink can help replace fluid and key electrolytes lost due to sweat. Electrolytes are important minerals for fluid balance and muscle contraction in the body.



## Post-workout recovery

Focus on carbohydrates and protein, such as chocolate milk or hummus and crackers.



# Sports And Exercise Nutrition

**BM King**



## **Sports And Exercise Nutrition:**

The book delves into Sports And Exercise Nutrition. Sports And Exercise Nutrition is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Sports And Exercise Nutrition, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Sports And Exercise Nutrition
- Chapter 2: Essential Elements of Sports And Exercise Nutrition
- Chapter 3: Sports And Exercise Nutrition in Everyday Life
- Chapter 4: Sports And Exercise Nutrition in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Sports And Exercise Nutrition. This chapter will explore what Sports And Exercise Nutrition is, why Sports And Exercise Nutrition is vital, and how to effectively learn about Sports And Exercise Nutrition.

3. In chapter 2, the author will delve into the foundational concepts of Sports And Exercise Nutrition. The second chapter will elucidate the essential principles that must be understood to grasp Sports And Exercise Nutrition in its entirety.

4. In chapter 3, this book will examine the practical applications of Sports And Exercise Nutrition in daily life. The third chapter will showcase real-world examples of how Sports And Exercise Nutrition can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Sports And Exercise Nutrition in specific contexts. This chapter will explore how Sports And Exercise Nutrition is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Sports And Exercise Nutrition. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Sports And Exercise Nutrition.

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