



## Sports Nutrition Collection

**CONTENT CONTRIBUTIONS BY:**  
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To empower athletes to make smart nutrition choices. Learn how to eat healthy foods that fuel the body and enhance performance. Understand how to maintain a healthy weight,, stay hydrated and combat common health challenges for athletes. Use this information to educate everyone from coaches to the entire team.

### Details

#### **Professional Level for the Toolkit:**

- Athletic Coaches
- Nurses
- Dietitians
- Exercise Coaches
- Athletic Trainers

#### **Comprehension Level for the Journey:**

- Parents
- College Athletes
- Teen Athletes

#### **Suggested Professional Use:**

- Educate young athletes on the importance of proper nutrition.
- Introduce coaches to the nutrition concepts that impact athletic performance.
- Educate the family members of young athletes about important nutrition concepts.

### Toolkit Items

1. Supplements and Sports Performance
2. Fluids, Hydration & Thirst Quenchers for Athletes
3. Dietary Tips for the Athlete
4. Losing Weight & Maintaining Energy to Exercise
5. Iron: How to Boost Intake
6. Nutrition Tips for Female Athletes with Amenorrhea
7. Athletes: Gaining Weight in a Healthy Way
8. Breakfast: It's for Champions!
9. Athletes: Carbohydrates and Carb-Loading
10. Recovery After Intense Exercise
11. Protein & Energy Needs: Female Athletes
12. Protein & Energy Needs: Male Athletes

### Journey Items

1. Supplements and Your Sports Diet
2. Fluids for Athletic Performance
3. Breaking it Down: Sports Nutrition Tips
4. Losing Weight for Athletes: Eating to fuel, not to gain weight
5. Athletes: Getting Iron from Food
6. Amenorrhea: Female Athletes Nutrition Tips
7. How To Gain Weight in a Healthy Way
8. Breakfast for Athletes
9. Athletes: Healthy Carb Choices
10. Post-Exercise Recovery Tips
11. Protein for Young Female Athletes
12. Protein for Young Male Athletes