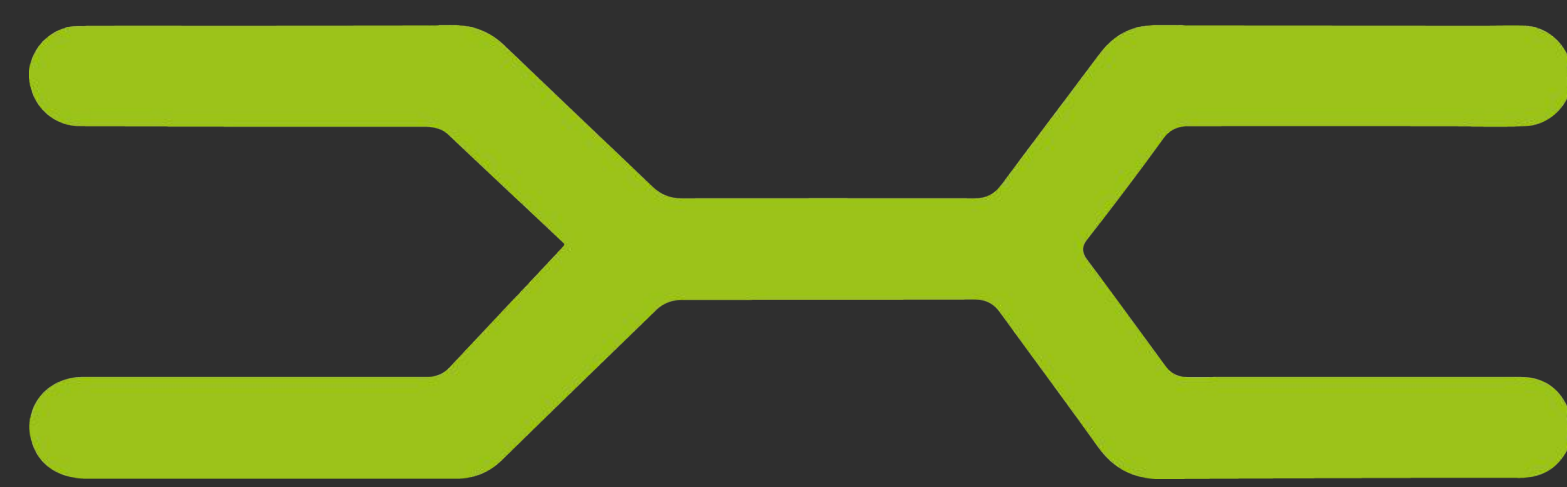




YSN®



#REFUELRIGHTFEELRIGHT

# YOUTH SPORT NUTRITION: BASICS

Eating a healthy & balanced diet is essential to athlete preparation, performance and recovery. Knowing which foods are best to fuel and refuel your body will give you the edge you need to maximise performance and improve results.

We want to help parents and youth athletes counter selective eating by employing a managed approach to sports nutrition.

This infographic aims to help you meet the advanced micro & macro nutrient requirements that high level sport and intense training place on a developing athletes body.



## WHATS IN IT FOR YOU?



Improved Recovery



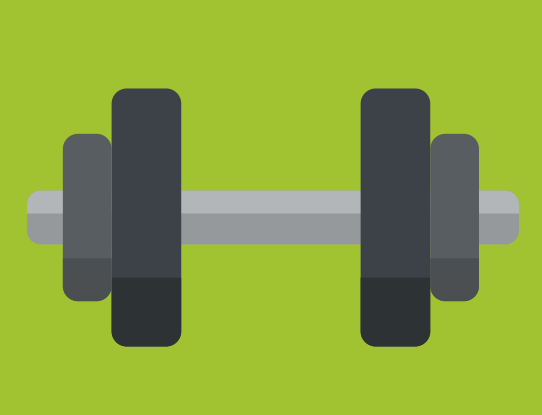
Optimise Performance



Health & Wellbeing



Training Adaptations



Reduce Injury & Illness

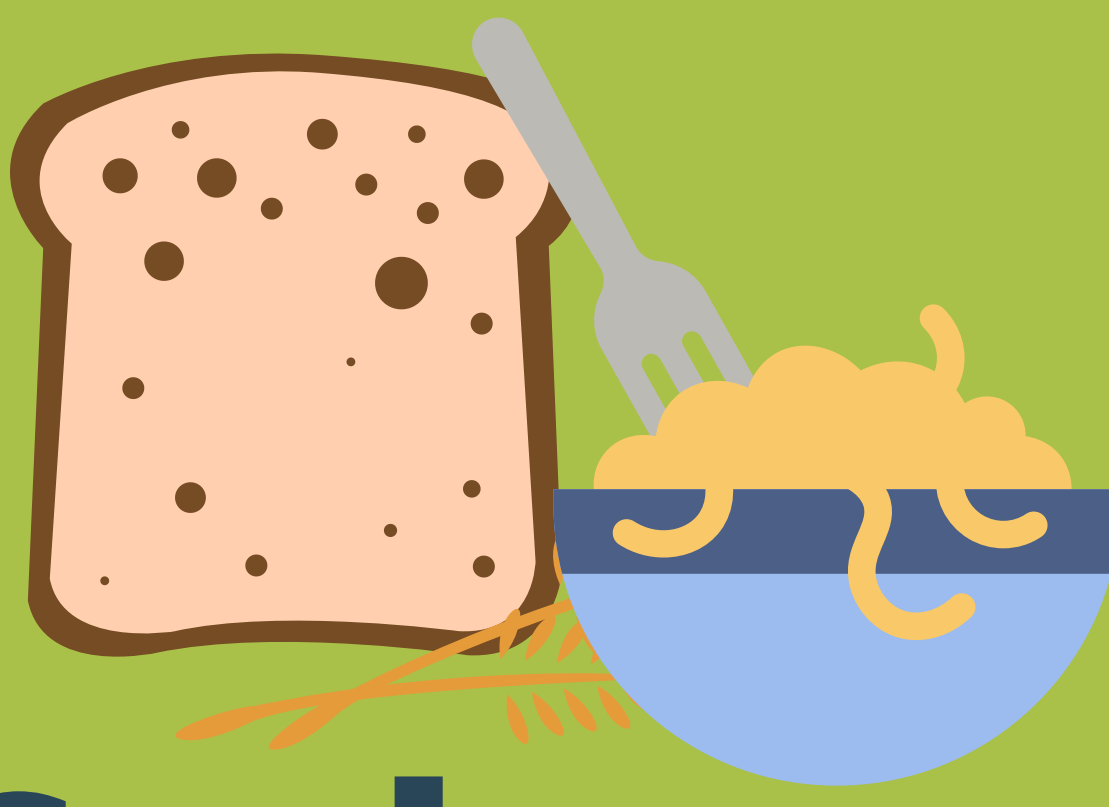


Impress the Coach



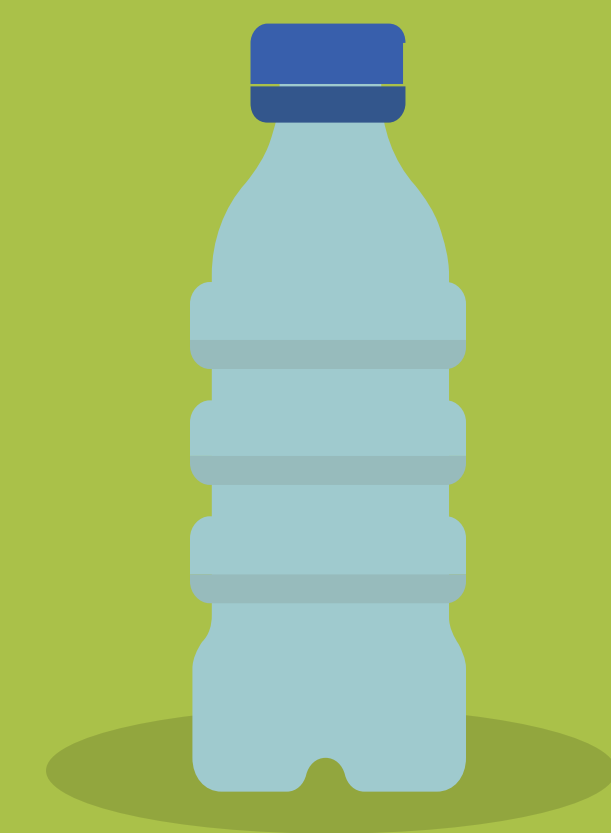
### Fats

An essential part of your diet. Providing energy, storage and insulation.



### Carbs

Needed for energy. There's two types of carbohydrates; Fast and Slow release.



### Hydration

Always chose water over sports drinks! Sip throughout the day and take on more water before, during and after sport.

## The BASICS



### Protein

Essential for growth and repair of tissues and for muscle function



### Vitamins

Have to be taken in – your body can not produce these itself.



### Minerals

Important for building strong bones and teeth, blood, skin, hair, nerve function, muscle and for metabolic processes