

Performance Eating The High Performance High School Athlete Nutrition Guide.pdf

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Nutrition usually makes a small but potentially valuable contribution to successful performance in elite athletes, and dietary supplements can make a minor contribution to this nutrition programme. Nonetheless, supplement use is widespread at all levels of sport. Products described as supplements target different issues, including (1) the management of micronutrient deficiencies, (2) supply of ...

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Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion The material in this report originated in the National Center for Chronic Disease Prevention and Health Promotion, Ursula E. Bauer, PhD, Director Corresponding preparer: Sarah M. Lee, PhD ...

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