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Sports Nutrition for Youth: A Handbook for Coaches

Click on 'Healthy Eating at School' and 'Manuals and Toolkits'

About the Handbook

The handbook supports school and community coaches who work with recreational athletes but much of the information also applies to active youth in general who may not be formally involved in organized sports. The recommendations within the handbook are based on current research and best practice in sports nutrition at the time of publication.

Purpose of the Handbook

The handbook aims to provide evidence and ideas that will help coaches:

- support young athletes and their parents in making informed choices around good nutrition and hydration for sports performance
- create healthier eating environments for athletes at home, at school, on the road and in recreation centres
- address matters such as vegetarian diets, body image, alcohol, and nutrition supplements

Contents of the Handbook

- Healthy Eating
- Healthy Eating Environments
- Sports Nutrition and Hydration Before, During and After Activity
- Planning for Tournaments, Competitions and Travel
- Vegetarian Eating
- Body Image
- Nutrition Supplements
- Alcohol and Sports Performance

Each section of the handbook highlights online teaching tools (such as websites, handouts and articles) and learning activities.