

Sports Nutrition for the Young Athlete Webinar Resource Sheet

By Kendal Pike, Dietetic Intern
Montana State University
Montana Team Nutrition
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1. "How To Eat." by Ellyn Satter *Index of How to Eat Articles*
<http://ellynsatterinstitute.org/hte/howtoeat.php>
2. Authentic Happiness and Flourish by Martin Seligman
<http://www.authentic happiness.sas.upenn.edu/newsletter.aspx?id=1559>
3. Positive Psychology for Kids by Lindsay Lyon
<http://health.usnews.com/health-news/family-health/brain-and-behavior/articles/2009/06/24/positive-psychology-for-kids-teaching-resilience-with-positive-education>
4. The Dietary Composition and Exercise Tolerance Study (DIET) University of Minnesota
<http://www.sphresearch.umn.edu/epi/nutritional-epidemiology/the-dietary-composition-and-exercise-tolerance-study-diet/>
5. Nutrition Facts for Adolescents. Center of Disease Control
<http://www.cdc.gov/healthyyouth/nutrition/facts.htm>.
6. USDA My Plate
www.ChooseMyPlate.gov
7. The Academy of Nutrition and Dietetics
<http://www.eatright.org>
8. Sports, Cardiovascular and Wellness Nutrition Fact Sheets
Eating Before Exercise
<http://www.scandpg.org/local/resources/files/2009/SD-USA Fact Sheet Eating Before Exercise Apr09.pdf>

Eating For Recovery
<http://www.scandpg.org/local/resources/files/2009/SD-USA Fact Sheet Eating for Recovery Apr09.pdf>

Eating on the Road
<http://www.scandpg.org/local/resources/files/2009/SD-USA Fact Sheet Eating on the Road Apr09.pdf>