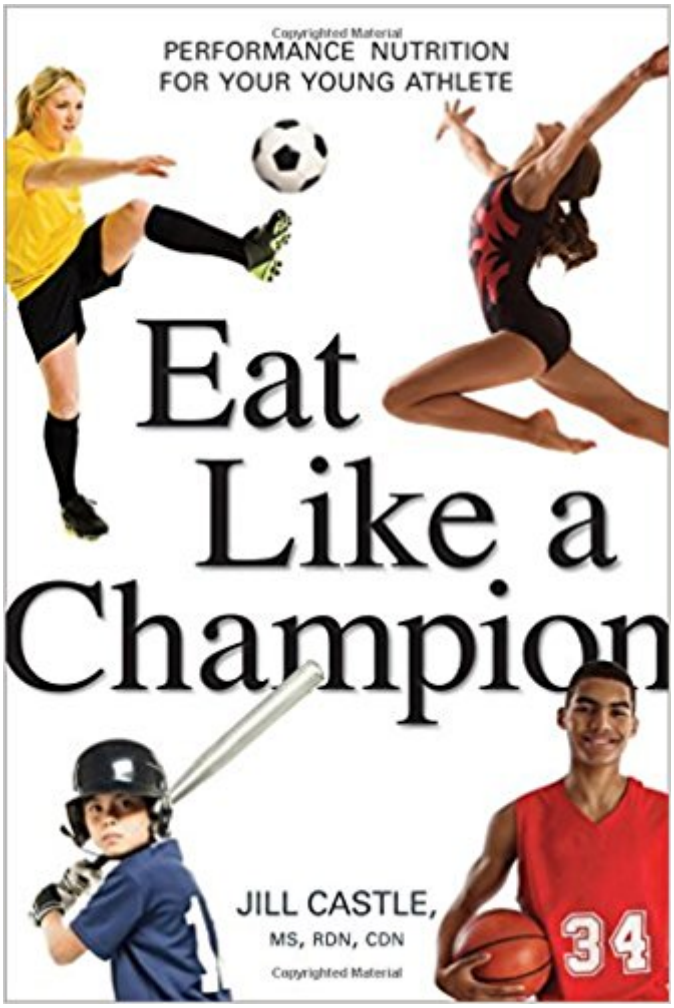
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Eat Like A Champion: Performance Nutrition For Your Young Athlete



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Synopsis

Kids have their own nutritional needs--especially athletic kids. Yet most young athletes aren't eating properly to compete. Even if they're on a "healthy" diet, it's often supplemented by convenient but empty calories that are actually slowing them down.

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