

# ORTONA WELLNESS

Gymnastics a foundation for sport and for life

## NUTRITION FOR YOUTH IN SPORTS

DECEMBER 10, 2009

BULLETIN #1201

Coaches and members of Ortona for your information refer to the below links.

<http://www.coach.ca/eng/nutrition/search.cfm>

<http://www.dietitians.ca/resources/resourcesearch.asp>

We have attached three excellent references produced by  
**Dietitians of Canada**

*Fueling the Young Athlete*

*Are You Winning at Sports Nutrition*

*Training Diets for Athletes*



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