



# **Sports Nutrition for Teen Athletes (Sports Training Zone)**

*Dana Meachen Rau*

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Whether you're smashing a home run, scoring a goal, or setting up a teammate for a spike, you need energy. A healthful, balanced diet will give you the energy you need to take the field like a champion. Provide your body with fuel and stay hydrated, and you'll be ready for any challenge that comes your way!

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