

NEW Sports Nutrition Resources



Eat to Compete program topics:

- Fluids
- Dietary Supplements
- Training Diet

Each program includes:

- Video segment
- Powerpoint presentation
- Handouts
- Activities

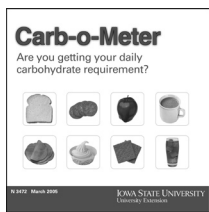
Schedule a program by contacting your ISU Extension county office or nutrition and health field specialist

(List of contacts on the back side)

Visit ISU Extension's Sports Nutrition Web site—

www.extension.iastate.edu/nutrition/sport

... where these interactive games are located



... learn where carbohydrates come from and how to get enough



... learn about fluid needs and try to win the race

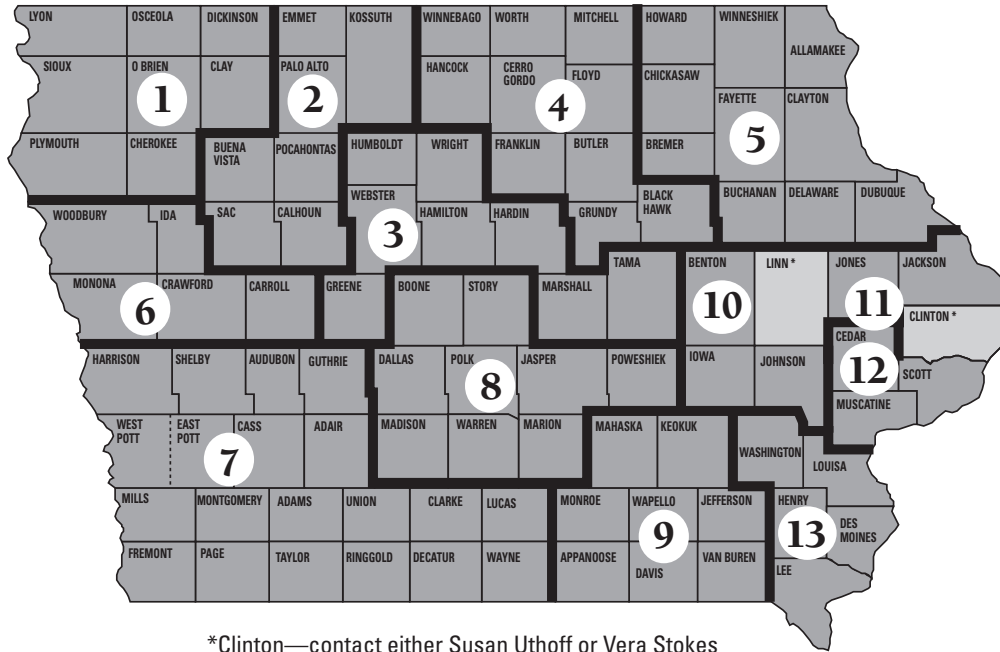
ALSO AVAILABLE:

"Winning Sports Nutrition" video—

Contact AEA media center offices, Iowa Boys High School Athletic Association, and Iowa Girls High School Athletic Union

Includes segments on—

- Fluids • Food • Food Guide Pyramid • Labels • Meal Ideas • Supplements



*Clinton—contact either Susan Uthoff or Vera Stokes

*Linn—contact either Jan Temple or Susan Uthoff

Schedule a program—contact your ISU Extension county office or nutrition and health field specialist

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... and justice for all

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