



SPORTS NUTRITION



The Importance Of Nutrition and Exercise For Overall Health



CHECKLIST

Checklist

It's recommended that you print this checklist out so you can work side-by-side with the main ebook. The idea of this checklist is to mark off 1-by-1 what you've learned and had an understanding about.

Once you have had a full understanding of each chapter, topics, and subject throughout the main ebook, simply check it off. A great way to keep organized and not backtracking what you already have learned.

- **Introduction**
 - The Greeks Source Of Nutrition
 - The Importance Of Nutrition and Exercise
- Sports Nutrition Information To Stay Fit

- **Vitamin and Mineral Diets**
- Sports Nutrition Supplements
- Do I Take Them Or Not?
 - Beware

- **Essential Part Of Sports Nutrition**
 - Why Water Matters
 - The Importance
 - How Much Is Enough?
 - I'm In Good Shape, I Know What My Body Needs
 - Tips For Fluids
 - Knowing What To Drink
 - Juices

- **Fueling Your Body**
 - The Balanced Win
 - Foods: A Plan For Successful Diet Management
 - What You Need
 - Dairy Group
 - Vegetable Group
 - Meat Group
 - Grains Group
 - Fruits
 - Calories

- **Meal Planning**
 - It's Starts Before Game Day
 - Things You Have To Know
 - What Should I Eat?

- **Food For The Athlete**
 - Frozen Is Better
 - Choose The Appropriate Canned Good
- Eat Nutritional Food That Enhances The Capability

- **Vegetarian Sports Nutrition**
- Seeking Good Sports Nutrition

- **Appetite Control Strategies**

- Breakfast
- Eat Slower
- Exercise
- Good Fats
- Small Pieces
- Smaller Plates
- Eat Protein
- Water
- Foodless Foods That Can't Satisfy
 - Glycemic Index
 - High Protein Foods

- **Conclusion**