

Youth Fueling: Nutrition Manual for Sports Performance

Brain Boosting Foods for the Classroom

Almonds

Spinach & other greens (*Section 2.0*)

Blueberries

Eggs

Buckwheat

Walnuts

Broccoli and Cauliflower

Celery

Red meat

Bonus Options

Cashews (*Section 1.6*)

Fish Oil Gummies

Tumeric (curry spice)

Dark chocolate (>70% cacao)

To view section and purchase **Youth Fueling: Nutrition Manual for Sports Performance** in its entirety visit:

<http://store.xlathlete.com/product-p/youthnutrition.htm>

**Table 3.1.1*