



**Texas 4-H Youth  
Development Healthy  
Lifestyles Invitational**

## Sports Nutrition

Thousands of youth across Texas participate in some type of athletic sport. It is important to understand that optimal nutrition is an important part of peak performance, while not eating the proper foods can limit an athlete's ability to perform well. The human body must be supplied with the proper nutrition in order to function properly.

The web pages below are the official Healthy Lifestyle Invitational Contest study resources. Classes will be developed based on information from these pages.

U.S. Anti-Doping Agency (USADA)

<https://www.usada.org/wp-content/uploads/TS-Nutrition-Guide..pdf>

Winning with Nutrition

[https://texas4-h.tamu.edu/wp-content/uploads/health\\_winning\\_with\\_nutrition\\_curriculum.pdf](https://texas4-h.tamu.edu/wp-content/uploads/health_winning_with_nutrition_curriculum.pdf)