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# PLAY HARD, EAT RIGHT: A PARENT'S GUIDE TO SPORTS NUTRITION FOR CHILDREN

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, Play Hard, Eat Right: A Parent's Guide to Sports Nutrition for Children, ADA (American Dietetic Association), Expert Nutrition and Health Advice that Will Help Keep Your Child in the Game Whether it's training for a big track meet, rehearsing for tomorrow's dance recital, or playing a casual backyard game of catch, your child's athletic performance, development, and growth depend largely on eating the right foods. Now the largest and most prestigious...

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- Authored by ADA (American Dietetic Association)
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#### -- Abbie West

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