



October 19, 2009 – Grand Rapids, MI

Youth Sports

Yesterday I did a seminar for a group of Little League baseball players, their coaches, and their parents. While I talk to adults all the time, 30 boys and girls about the ages of 8 to 12 are not my typical audience—especially talking about the fascinating topic of nutrition. They were great! They paid attention, and I hope they learned some things—I did.

I learned that orange juice, bananas, and tomatoes are the top three fruits and that potatoes are the number-one vegetable—the tomatoes in the form of ketchup and the potatoes in the form of fries. That confirms the nutrition research on children. They love cola, but they also know that an apple has more nutrients. It was very encouraging. I hope they'll continue to stay active and continue to learn about healthy foods.

So to help those of you who are parents of young athletes and dancers, I'm announcing my second audio: **Dr. Chet on Youth Sports**. It's available from my website as a CD or audio download. I took all the questions that parents have asked me over the years and put it into this audio: topics like what active kids should eat and drink, when they should eat their pre-game meal, and info on supplements on weightlifting. If you have kids from 8 to 18 who are active in sports or dance, this audio is for you and for them.

The most important point I can make is that kids aren't small adults—they have different levels of hormones, they sweat differently, and their bones and muscles and brains are still developing. The nutrients they need, both from foods and supplements, are different from what you need; paying attention to their special needs will help you put the odds of success in their favor. Not every kid will be a champion, but all kids can learn to love being active, and that's going to pay off for their entire life.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sundays in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the internet by going to www.wgvu.org and clicking on the green "Streaming Live" box at the top.

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