



## **Kid Athlete Nutrition Course Combats Controversial Food Myths For Kids, Athletes, and Parents**

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CNN Nutrition Expert Mark Macdonald and Venice Nutrition have announced that they are fighting against common food and nutrition myths with the release of their brand new ebook and online course, "How To Feed Your Kid Athlete?". Nutrition coach for many professional athletes and sports teams as well as a NY Times Best Selling nutrition author, Macdonald warns consumers that many of the nutrition and performance tips which parents, friends, and even coaches give to kid athletes are wrong and could even pose health risks.

The ebook addresses many major problems in the way that modern parents feed their kid athletes. First of all it addresses the food itself and how to maximize recipes to enhance your own internal metabolic system. Secondly it addresses common problems with feeding kids, like how to deal with sugary treats and snacking. Thirdly it exposes the myths behind carb loading and high sugar sports drinks, and many other common sports supplements. It includes recipes and meal plans for busy parents on the go, as well as the ideal supplement program for young athletes.

The key, Macdonald stated, is to use our PFC Every 3 system. PFC Every 3 stand for proteins, carbohydrates, and fat every 3 hours. This core concept is the key to balancing blood sugar. When you eat sugary foods or meals that are not nutritionally balanced, your blood sugar spikes. This causes fat storage and energy crashes that hinder athletic performance. This is also one of the root causes of many degenerative diseases and health conditions like diabetes and high blood pressure, and now prevention can start in adolescence. The more kids learn now, the healthier they will be as adults.

In addition to the years of science and results that back up the claims in the ebook and online course, Mark Macdonald and Venice Nutrition also have thousands of clients who have improved their health and performance using his strategies. They range from moms and dads who want to lose a few pounds, to professional athletes that need to take their performance to the next level. All are certain that the strategies in this program made a difference in their physical performance.

Elite soccer coach, JJ Gregoire, is a perfect example of this. JJ came to Venice Nutrition wanting to get back in shape. He used to be a big-time soccer player, and to the eye of the beholder, he still looked fit, but he knew that once the clothes came off or he did some sprints, he was far from it. JJ took action, did an 8 week workout challenge, and got back into top shape, dropping twenty-one pounds and eighteen inches. And most importantly, he's got his energy back, is playing competitive soccer again, and has become a role model for his son and their entire soccer team on how to make improve your health and performance with science-based nutrition.

Mark and Venice Nutrition are leading the way to end childhood obesity in America and they are expanding their knowledge to apply to kid and teenage athletes and their parents. Their goal for exposing these myths and in teaching proper eating habits to young athletes is that the children will stick with their good eating habits into adulthood and pass them on to their children.

For more information on how to feed your kid athlete, visit [MarkMacdonald.tv](http://MarkMacdonald.tv) and [VeniceNutrition.com](http://VeniceNutrition.com) and check out the Venice Nutrition Certifications.

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**Venice Nutrition**

*Venice Nutrition Certifications and Health Coach Services provide medical board certified programs for fitness professionals to teach nutrition to their customers, as well as nutrition coaching for individuals with health coach Mark MacDonald.*

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