

Professional Certificate in Pediatric Nutrition

# Pediatric Sports Nutrition



```
mindmap
  root((Pediatric Sports Nutrition))
    Nutrition Basics
      Macronutrients
      Hydration
    Performance Nutrition
      Energy Needs
      Recovery
    Special Diets
      Food Allergies
      Vegetarian
    Nutrition Planning
      Meal Timing
      Periodization
```