

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Food is FUEL

---

## **Food is FUEL**

God designed us for high performance! Give it the right fuel!



Fellowship of Christian Athletes © 2024  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/podcast/2009/01/09/food-fuel>