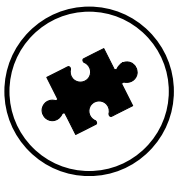


Performance Nutrition Explained

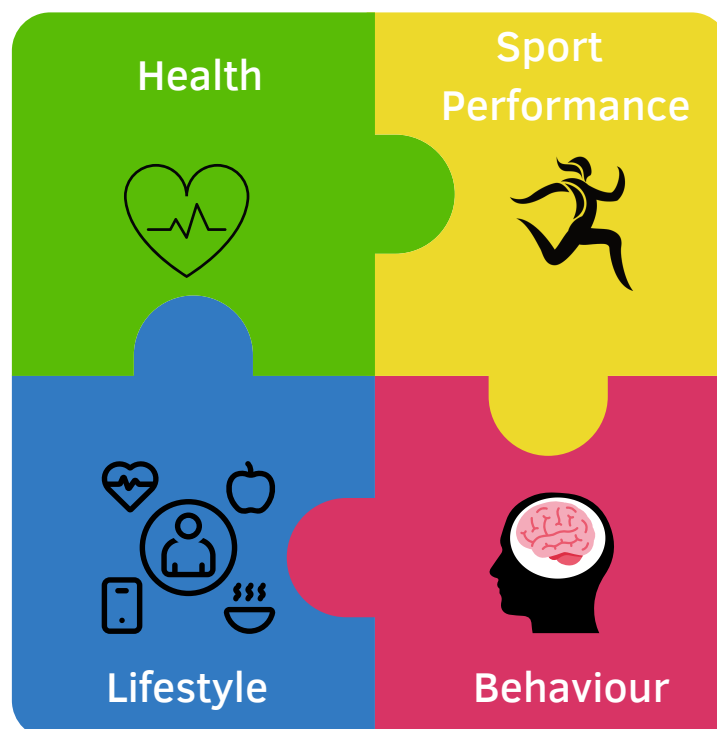
Why Work with a Sport Dietitian?



Performance Nutrition is like a puzzle where you need to address several factors that come together (i.e. the different pieces of the puzzle) with the goal of maximizing your sport performance while keeping your body healthy. The puzzle pieces include your overall health as an athlete, your nutrition around training and competition, your lifestyle, beliefs and knowledge about nutrition as well as your attitude and behaviour towards food.



When you work with me, you can expect nutrition support focused on maximizing your overall health, sport performance, lifestyle and behaviour towards food.



Performance Nutrition Explained

Health



- Blood work review to prevent nutrient deficiencies and imbalances (Iron/Vitamin D/ testosterone/ estrogen)
- Screening for, preventing and treating under-fueling
- Preventing fatigue and low energy
- Nutrition to support your immune system
- Nutrition to support your injury (e.g. ACL/ Concussion)
- Nutrition to support your gut health (e.g. managing intolerances/ IBS)

Sport Performance



- Fueling around training (before, during and after)
- Competition/ Travel Nutrition
- Hydration
- Support with supplement recommendation and safe supplement use
- Body composition measurement (for 16 years old and up)
- Support with nutrition in the off season

Performance Nutrition Explained



Lifestyle

- Learning how to cook & prepare easy meals
- Learning how to grocery shop
- Eating on a budget
- Eating on the go or during travel
- Support with special diets: celiac, vegan, vegetarian...
- Recommendations are individualized to your way of living, preferences and culture



Behaviour

- Screening for, or preventing and treating disordered eating or eating disorders
- Working on having a healthy relationship with food and with your body
- Goal oriented approach, inclusive of athlete, parents, coach as applicable