

# Specialist Dietitians in Sports Nutrition

**There is so much scientific evidence that nutrition enhances sporting performance at all levels, whether you are an elite athlete or just enjoy a sport.**

The International Olympic Committee statement of 2010 highlights the importance that athletes need to place on nutrition to train, refuel and recover from injury. It also suggests athletes need to develop nutrition strategies.(1)

Sports Dietitians use this science to promote a healthy diet that allows athletes to compete, train and recover. Athletes often have very busy lifestyles and sports dietitians use their knowledge to help athletes achieve their goals in a practical way.

Sports Nutrition Specialist Group has been very active in promoting and developing the Sports and Exercise Nutrition Register (SENr) that is developing excellence in the sports industry.

## Sports Dietitians:

- Allow athletes to compete, train and recover
- Apply their knowledge to allow athletes to eat good food – they turn the theory into real food
- Help athletes to make an informed choice about using sports supplements with impartial advice
- Plan strategies for competitions whether it is the Rugby World Cup or the Olympics
- Take into account medical conditions such as Diabetes or Coeliac Disease
- Are a valued part of the Sports Team
- Sports Dietitians turn the science into food.



**“In my mind a great nutrition advisor will be trustworthy, qualified, open-minded, approachable and always willing to learn. My health and well-being are crucial to my life and work, and I wouldn’t put those in just anybody’s hands.”**

Katherine Grainger,  
Olympic Rower

Sports Dietitians work in a variety of places in the public and private sector. The introduction of Performance Nutrition in the Home Sports Governing Bodies has undoubtedly enhanced the success of many of sports team – they were an integral part of the team that helped our successful London Olympic team in 2012. Not only were they involved with individual athletes across a range of sports but were a vital part of the catering team that fed athletes from all over the world.

However the same principles apply to recreational athletes and many of our members work with athletes competing in all sports – examples are Marathons, Ultra Endurance sports, sports teams, development squads and athletes that are competing on a recreational basis.

Sports Nutrition Specialist Group is striving to ensure that all of our Dietitians working in this exciting area of dietetics has a suitable post graduate qualification and SENr registration – aiming for excellence in sports nutrition.

**“I consulted my sports dietitian for a nutritional plan to get me up to the recommended weight to row the Atlantic Ocean. Overall the plan we had put in place for the desired amount of weight gain worked a treat!**

**If you want advice on achieving your weight or dietary goals and particularly if you’re preparing for an event or expedition I would definitely recommend a sports dietitian for an assessment & personalised plan”**

Benno Rawlinson  
Atlantic Ocean Rower 2013 &  
Marathon des Sables 2011

#### References

(1). International Olympic Committee (IOC) (2011) IOC consensus statement on sports nutrition 2010. J Sports Sci. 2011;29 Suppl 1:S3-4

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The British Dietetic Association, founded in 1936, is the professional association for dietitians in Great Britain and Northern Ireland. It is the nation’s largest organisation of food and nutrition professionals with over 8,000 members. The BDA is also an active trade union. To find out more about other areas of work that dietitians are involved in please visit:

[www.bda.uk.com](http://www.bda.uk.com)

#### Try our:

Food Fact Sheets: these give information about foods and also about medical conditions - available on the website.

#### Why not follow the BDA:

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