

How to find a sports dietitian

To find a sports dietitian or registered sport and exercise nutritionist (R.SEN) in your area, visit The Sport and Exercise Nutrition Register (SENr) on www.senr.org.uk. SENr is a partnership initiative between The British Dietetic Association (BDA), The Nutrition Society (NS) and The British Association of Sport and Exercise Sciences (BASES).

Alternatively, contact:

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who can put you in touch with a sports dietitian in your area.

Elite athletes may be entitled to funding to help cover the cost of nutrition support. Contact your sport's governing body for further information.

This information is taken from 'Fuel for Performance, Nutrition for Sport', a sports nutrition resource updated and revised by the following Welsh sports dietitians:
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