

Introduction

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This information is taken from 'Fuel for Performance, Nutrition for Sport', a sports nutrition resource updated and revised by the following Welsh sports dietitians:
Rhian Owen, Chris Cashin, Elaine Hibbert-Jones and Gill Regan.
Every acknowledgement is given to all the sports dietitians who contributed to the original publication of this resource, which was first published in 1998.

Introduction

What and when you eat and drink influences your ability to train and recover from training, which in turn, can affect your performance in competition. Good nutrition strategies in training, before and during competition and throughout the recovery period can help you maximise your sports performance.

“The amount, composition and timing of food intake can profoundly affect sports performance. Good nutritional practice will help athletes train hard, recover quickly and adapt more effectively with less risk of illness and injury.”

International Olympic Committee (IOC) consensus
statement on sports nutrition, 2003

Most athletes have a busy lifestyle due to the demands of training and competition. The nutrition information on this website aims to cover the basic principles of sports nutrition. It provides you with practical advice on the best foods, meals and drinks to consume to maximise your performance.

"Go for it.....fuel up and start now!"

“Food can contribute not only to the enjoyment of life, but also to success in sport.”

International Olympic Committee (IOC) consensus
statement on sports nutrition, 2003

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How can a sports dietitian help?

A Sports Dietitian has the knowledge, skills and expertise in sports nutrition to offer up to date, unbiased advice on nutrition and translate scientific evidence into practical, achievable goals for an athlete. A Sports Dietitian can provide support in a number of ways, such as:

- individual consultations and group education sessions to improve nutritional knowledge and maximise performance
- information on fluid requirements and hydration strategies
- useful suggestions on how to cook quick, easy meals that meet your nutritional needs
- practical cooking sessions to develop cooking skills
- ideas for suitable recovery snacks
- guidance on menu choices at training and / or competition venues
- nutritional analysis of your dietary intake
- guidance on your optimum body weight for sport and health, whether you need to gain, lose weight or stay the same
- individualised dietary plans to help you reach your competition weight
- development and provision of nutrition resources
- working with organisations (such as airlines, restaurants, hotels etc) to ensure suitable menus are provided for athletes who travel nationally and internationally

“Athletes will benefit from the guidance of a qualified sports nutrition professional who can provide advice on their individual energy and nutrient needs and also help them to develop sport-specific nutritional strategies for training, competition and recovery.”

International Olympic Committee (IOC) consensus statement on sports nutrition, 2003

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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.

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