

Organisations that provide further information on sports nutrition

Name of organisation	Contact details / website
<p>Australian Institute of Sport An internationally acclaimed national centre of sports excellence for the training and development of élite athletes and teams of Australia. Website contains downloadable fact sheets on sports nutrition for various sports, hot topics in sports nutrition e.g. 'The Zone Diet', 'Carbohydrate Loading', 'Protein – are you getting enough?' and travel tips on how to achieve a nutritious diet when travelling to a number of destinations throughout the world e.g. Croatia, Malaysia.</p>	<p>Australian Institute of Sport Leverrier Crescent Bruce ACT 2617 AUSTRALIA PO Box 176 Belconnen ACT 2616 AUSTRALIA Tel: 0061 2 6214 1111 Fax: 0061 2 6251 2680 ais@ausport.gov.au www.ais.org.au/</p>
<p>British Dietetic Association The professional association for dietitians. Website contains general information about the work of registered dietitians and downloadable 'Food Facts' which are general fact sheets on a variety of topics e.g. 'Fuel for Sports', 'Glycaemic Index', 'Vegetarian diets – keeping a healthy balance'</p>	<p>British Dietetic Association 5th Floor, Charles House 148/9 Great Charles Street Queensway Birmingham B3 3HT Tel 012 1200 8080 Fax 012 1200 8081 info@bda.uk.com www.bda.uk.com</p>
<p>British Olympic Association The official website of the British Olympic Association (BOA). Provides information and services about the BOA, its related projects and the Olympic movement in Great Britain and Northern Ireland. Also provides information about each of the sports in the Summer games, Winter games and Youth games.</p>	<p>British Olympic Association 1 Wandsworth Plain London SW18 1EH Tel: 020 8871 2677 Fax: 020 8871 9104 boa@boa.org.uk www.olympics.org.uk</p>
<p>British Paralympic Association The official website of the British Paralympic Association (BPA). Provides information and services about the BPA. Also provides information about each of the Paralympic sports as well as general nutrition and fluid information specific to paralympic athletes.</p>	<p>British Paralympic Association 40 Bernard Street London WC1N 1ST Tel: 020 7211 5222 Fax: 020 7211 5233 info@paralympics.org.uk www.paralympics.org.uk</p>

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.

<p>Coaching Wales Website for coaches or those wanting to become a coach. Includes information on coaching matters such as sports science, nutrition, hydration, recovery, eating disorders etc.</p>	<p>Coaching Unit Sports Council for Wales Sophia Gardens Cardiff CF11 9SW Tel: 084 5045 0904 Fax: 029 2030 0600 coachingwales@scw.co.uk www.coachingwales.com</p>
<p>Dietitians in Sport and Exercise Nutrition (DISEN) An interest group of the British Dietetic Association. Website contains general information on sports nutrition, details of resources for purchase e.g. pee charts to assess hydration status and information on how to obtain a list of Accredited Sports Dietitians working nationwide.</p>	<p>DISEN PO Box 22360 London W13 9FL disen@hotmail.co.uk www.disen.org</p>
<p>Disability Sport Wales (DSW) Website of the Federation of Disability Sport Wales (DSW), a pan-disability sport organisation which aims to provide and promote quality sporting and physical activity opportunities for disabled people within Wales.</p>	<p>Disability Sport Wales (DSW) Welsh Institute of Sport Sophia Gardens Cardiff CF11 9SW Tel: 029 2066 5781 Fax: 0292066 5781 office@fdsw.org.uk www.disabilitysportwales.org</p>
<p>Eating Disorders Association Information and help on all aspects of eating disorders with specific section for any people involved in sport or athletics who are affected by an eating disorder.</p>	<p>Eating Disorders Association 103 Prince of Wales Road Norwich NR1 1DW Tel: 087 0770 3256 Fax: 016 0366 4915 info@edauk.com www.edauk.com/sport/index.htm</p>
<p>English Institute of Sport A nationwide network of world class support services, designed to foster the talent of elite English athletes. Website contains fact files on topics such as supplements, dehydration etc and also a recipe section.</p>	<p>National Headquarters 4th Floor Byrom House 21 Quay Street Manchester M3 3JD Tel: 087 0759 040 info@eis2win.co.uk www.eis2win.co.uk/</p>

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<p>Food Standards Agency Eatwell is the Food Standards Agency's consumer advice and information site. Website includes detailed advice on specific vitamins, minerals and trace elements including how much is needed by the body, roles in the body and what happens if too much is taken.</p>	<p>Food Standards Agency Wales 11th Floor Southgate House Wood Street Cardiff CF10 1EW Tel: 029 2067 8999 Fax: 029 2067 8919 wales@foodstandards.gsi.gov.uk www.eatwell.gov.uk</p>
<p>Informed-Sport A website supported by UK Sport which provides a list of products bearing the INFORMED-SPORT logo. These tested products have undergone rigorous testing and allow athletes to make an informed choice regarding supplements.</p>	<p>Informed Sport c/o HFL Ltd. Newmarket Road Fordham Ely Cambridgeshire CB7 5WW Tel: 016 3872 4320 Fax: 016 3872 4200 www.informed-sport.com</p>
<p>Irish Sports Council Website of the Irish Sports Council.</p>	<p>Irish Sports Council Top Floor Block A Westend Office Park Blanchardstown Dublin 15 Ireland Tel: +353 1 8608800 info@irishsportsCouncil.ie www.irishsportsCouncil.ie</p>
<p>Scottish Institute of Sport Website of the Scottish Institute of Sport.</p>	<p>Scottish Institute of Sport Airthrey Road Stirling FK9 5PH Tel: 017 8646 0100 Fax: 017 8646 0101 info@sisport.com www.sisport.com</p>
<p>Sports Council for Wales Website of Sports Council Wales.</p>	<p>Sports Council for Wales Sophia Gardens Cardiff CF11 9SW Tel: 084 5045 0904 Fax: 029 2030 0600 publicity@scw.co.uk www.sports-council-wales.org.uk</p>

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<p>Sports Dietitians Australia The professional organisation for Australian dietitians specialising in the field of sports nutrition. Website contains downloadable fact sheets on sports nutrition for various sports e.g. tennis, hockey, middle distance running and nutrition related issues e.g. 'the travelling athlete', 'cramps and stitches'. Also includes separate fact sheets for children involved in various sports e.g. gymnastics, swimming</p>	<p>Sports Dietitians Australia PO Box 2016 333 Lennox Street Richmond Vic 3121 Australia Tel: 0061 3 9425 0014 Fax:0061 3 9425 0100 info@sportsdietitians.com www.sportsdietitians.com</p>
<p>Sports Institute Northern Ireland A partnership between the Sports Council for Northern Ireland and the University of Ulster. Website contains downloadable nutrition fact sheets e.g. hydration protocol, recovery programme, fluids.</p>	<p>SINI Offices, Block 1, University of Ulster, Jordanstown, Northern Ireland BT37 0QB Tel: 028 9036 8295 Fax: 028 9036 6406 info@sini.co.uk www.sini.co.uk</p>
<p>The Sports and Exercise Nutrition Register A voluntary register designed to accredit suitably qualified and experienced individuals who have the competency to work with performance orientated athletes, as well as those participating in physical activity, sport and exercise for health. The register has been developed as a partnership initiative between The British Dietetic Association (BDA), The Nutrition Society (NS) and The British Association of Sport and Exercise Sciences (BASES).</p>	<p>c/o 10 Cambridge Court 210 Shepherds Bush Road LONDON W6 7NJ Tel: 020 7602 0228 Ext 6 info@SEnr.org.uk www.SEnr.org.uk</p>
<p>UK Sport Includes a link to UK Sport's searchable drug information database and downloadable information sheets on a variety of topics.</p>	<p>UK Sport Drug-Free Sport 40 Bernard St London WC1N 1ST Tel: 080 0528 0004 Fax: 020 7211 5248 drug-free@uksport.gov.uk www.100percentme.co.uk</p>

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