

10 REASONS TO HIRE A SPORTS DIETITIAN

- 1 Registered dietitians (RD) are the only profession with education and credential to provide medical nutrition therapy
- 2 Having non-credentialed individuals consult with athletes on anything past basic nutrition advice, creates a liability for your organization
- 3 Sports RDs are uniquely qualified to assess supplements and fortified food to safety, quality, and efficacy-- which protects your athletes health
- 4 Sports RDs positively impact performance and reduce training/competition time lost to injury and illness
- 5 Sports RDs assess and monitor body composition and weight for athletes in a realistic and safe manner
- 6 Sports RDs act as an integral part of a multi-disciplinary team to offer complete care to athletics
- 7 Sports RDs teach athletes real-life skills through experiences like meal planning, grocery store tours, and cooking demos
- 8 RDs are an imperative component of eating disorder treatment and should be included as part of any eating disorder treatment or high-risk team
- 9 Sports RDs help athletes navigate in the world of fad diets and popular trends
- 10 Your competition is doing it. And if they aren't, you'll be ahead of the curve.