



Sports Nutrition

The role of diet and good nutrition in sports performance has long been recognised. There are hundreds of websites dedicated to sports nutrition and many books have been written on the topic.

If you would like to view the Irish Nutrition & Dietetic Institutes booklet on Food for sport, please go to www.indi.ie where a copy can be downloaded.

Other reputable websites for sports information include:

www.disen.org (Dietitians in Sport & exercise nutrition UK)

www.ais.org.au (Australian Institute of Sport)

www.gssiweb.com (Gatorade Sports Science Web site)

To make an appointment with a sports dietitian use the Find a dietitian on the INDI website and look for the words Accredited Sports dietitian, alternatively the Bon Secours Hospital has an accredited sports dietitian, phone 8065488 to make an appointment.

Useful Sports Nutrition Books

The Complete Guide to sports Nutrition; Anita Bean

Food for Sport, Eat Well, perform Better; Jane Griffin

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BON SECOURS HEALTH SYSTEM