



NEWSLETTER

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SPORTS NUTRITION THEN AND NOW

By Rachel Jeffrey, Provisional Sports Dietitian



It was with great excitement that I returned to the Australian Institute of Sport (AIS) in late 2013, nearly 20 years after I had first attended the Sports Nutrition course. After recently starting in private practice and more than 15 years since I had worked in sports nutrition, it was time to go back and update my skills. I was so glad I did and it was great to meet the course organisers, speakers, athletes, as well as the other participants.

The one question most people asked me was 'What has changed in 18 years?' There are so many things, but here I will fill you in on a few.

Dietitians

In 1995, I remember the group mainly being young dietitians all with a thirst for knowledge, and nothing has changed there – though I think the twenty-first century group was double the size! Back then, the dietitians attending were mainly working in hospitals and community positions, and we saw athletes after-hours or on weekends. Now, many of the dietitians attending are trained athletes themselves, competing in national and international events while working full-time in their own practices.

AIS and Dining Hall

I do not really remember where classes were held previously, but the venue we were in this time around seemed new(ish). As for the Dining Hall, this has improved in leaps and bounds. I think we literally ate the place out of Chobani ® yoghurt! It was great to see that nutrition has such a strong influence in the dining hall – with meals having nutrition values, separate sections for special diets, and a large variety of food. I really wanted to taste what the rugby players had – but I did refrain! I do not remember any of this last time and I love my food, so I'm sure I would have remembered.

Sports Nutrition

Sports Nutrition has grown and expanded immensely over the last 20 years, and considering the array of specialists working in the area this is not only expected, but embraced. With so much information and misinformation available in the media today, it is great that evidence-based research and practice in sports nutrition is keeping pace.

Back in the 90s, carbohydrates (CHOs), hydration and protein were all present and important. The Glycemic Index was still new and sports supplements consisted mainly of a couple of sports drinks, a few bars and some protein supplements.

Support after the course

The one thing I loved about returning to sports nutrition now, is the amount of information peers have developed and shared both through the AIS and SDA websites, as well as the forum available on Google +. This was a HUGE gap missing when I did the course in the 90s. Previously, once training finished, you returned to your state and worked with your local (albeit small) group of sports dietitians, to do the best job you could with the resources you shared. Today with the internet, websites, emails (now I sound old!), the AIS and SDA resources all at hand, it is great support and good for continued learning. I think it's a real credit to all the sports dietitians and support staff who have worked hard to get SDA where it is today and I thank you for all the great work you have done. It truly does make a real difference. As I sit here writing this I wonder with excitement what the next 20 years will bring for sports nutrition in Australia. It looks like it will be 'to infinity and beyond'!

So where to from here for me? Well I plan to get stuck into sports nutrition in Geelong and the Barwon region in Victoria, keep up my education in the area, and hopefully make a difference in some athletes sporting lives

SOCHI WINTER OLYMPICS – EXPERIENCES FROM THE SPORTS DIETITIAN'S PERSPECTIVE

Siobhan Crawshay, Accredited Sports Dietitian



Привет (Hello)

It's 6am. The sun has not shown itself yet. I am in the bathroom – not the regular type where you'd take a shower or brush your teeth – but the makeshift kitchen for our Australian Olympic team in Sochi. You see, I am in charge of the athlete lounge: the space reserved for Australia's winter Olympians.

There I'm preparing breakfast for those hitting the slopes early: boiling eggs, whizzing fruit smoothies, cooking up porridge on the 'camping stove', laying out muesli cups and the regular array of cereals, slicing bread for toasting, filling the fruit bowl and attending to the nutritional needs of the athletes.

Then, in the calm between breakfast sittings, I turn my attention to lunch: 50 sandwiches and wraps containing whatever I'd found at the various supermarkets that hadn't been swept off the shelf by the Canadians/Americans/Austrians.



The lunch rush having finished by 11am, it's time for the dreaded cleaning. Not that I'm unhygienic, but this is cleaning with a difference – rinsing and scrubbing in the bathroom sink, washing the suds off in the shower with the kettle-boiled water, and stacking the dishes for drying pyramid-style on a desk.

Then off to the supermarket for a small shop to replenish supplies. If it was a big shop, we'd head off in the car for the trip to Krasna Polyana and its several supermarkets, hardware stores and other providers.

Today, instead, it's onto the gondola for a 20-minute scenic ride into Rosa Khutor, the ski resort purpose-built for the Olympics and Paralympics. Having bagged what I needed to, I take my cargo back to the village via security screening. Team pins, hard currency in the Olympic Village, proving helpful in greasing the wheels of progress.

The afternoon is taken up with preparing packs for the evening onslaught – bobsled, luge and skeleton athletes training on the course, half-pipe snowboarders and aerialists heading out for competition, and those people arriving into the village for the first time.



Being processed, accredited, searched (by sniffer dogs) and cleared to enter takes an excruciatingly long time and it's nice to have a sandwich and a muesli bar to get you through.

In the evening, high on my agenda would be taking the opportunity to cheer on our athletes on the slopes or in the lounge with members of the Australian Olympic Committee staff. Tonight, I'm on the chairlift, trying not to fall off, as I make my way to the half-pipe. Some nights I can stay for the whole competition, but tonight I need to head back after the first run to plan out what to put on for the next day. In addition, I see a couple of athletes about what sports foods and supplements they may need for their competition the next day. I realise how important routine is for them and want them to feel comfortable about the food choices they make.

And in the midst of all this, I have managed to sneak some food into my system either on the job or at the dining hall, where the selection of dishes is limited to say the least. Not being too excited about my dinner, I slink back to the lounge for a Milo (shipped in from Australia), along with Weet Bix, Vegemite, and the biggest hit, Caramello Koalas. At the end of the Olympics, we hope that we can hand over some of these treats to our Paralympic athletes, so that they can have a Vegemite sandwich at the top of the hill. Such was a day in my life at the height of the Winter Olympics in Sochi.

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Days were long, but went quickly. Work was tough, but rewarding. Athletes were constantly hungry, but extremely appreciative of the opportunity to have a small slice of normality in an otherwise unfamiliar environment.

There were plenty of challenges along the way. Early on, there was the issue of getting food and utensils into the village. In light of the attacks in central Russia and concerns about athlete safety, the organisers initially banned all movement of non-IOC food and utensils into the village. Through the advocacy of several nations, including the United States under Susie Parker-Simmons (our Aussie dietitian who works with the United States team) and Australia, the authorities relented. Had they not, it may have been a quieter three weeks for me in the village with no athlete lounge to cater for!

The dining hall proved to be another test. Food temperature, lack of food labelling, issues for people with allergies such as gluten and nuts, and the usual hygiene concerns that you encounter in a large space were all worked through with the chefs and dining hall organisers, who were very willing to try and tailor things to our needs. In the end, we were confident the improvements we suggested were to the benefit of the athletes, but there were still questions around the limited variety of foods and the fact that the foods that were on offer were not always enjoyed by the Team. Hence, many athletes took the opportunity to dine at the lounge or take the gondola ride for their evening meal in Rosa Khutor.



On reflection, however, what a magical experience Sochi was. It is such a beautiful part of the world, as anyone who has been there or has seen a photograph can testify, with people on hand to help at every step of the way. There were the Russian volunteers, so eager to help and showcase the best of their nation. The staff from the Olympic Winter Institute of Australia, including Geoff Lipshut, were instrumental in driving the idea of an athlete lounge from its infancy as an idea.

I had invaluable help, as always, from the team at the Australian Institute of Sport (AIS), specifically Greg Shaw, who helped me manage the AIS athletes in the lead-up to the Games and who still continues to provide great guidance in athlete management; Jo Mirtschin, who opened my eyes to the practicalities of such a large undertaking; Greg Cox, who was always on hand to give great ideas and positive support; and Louise Burke, who drew on her vast experience to ensure that I was well-prepared for the task ahead.

The staff from the AOC, and the real chef (de mission) Ian Chesterman, were very quick to pick up on the positives of having a little piece of Russia to call our own and they lent their support from early on as well. Susie Parker-Simmons played a pivotal role in ensuring a cool head and common sense prevailed in the constant discussions we had with organisers regarding food provision – pity the hapless village official who had the bad luck of coming up against us!

It helped, of course, to have a group of athletes who were fun, eager, chilled out, thankful and a great bunch of people to work for. I learnt, if I hadn't already, the big role food plays in the life of the athlete. Aside from the fuelling and recovery aspects, it is a great way to bring people together, to lift the mood, to make an athlete feel special, to make a team feel at home.



GETTING TO KNOW YOU – KAREN INGE

By Alison Walsh, Accredited Sports Dietitian

In the previous edition of FUEL, we featured an interview with Dr Helen O'Connor. In this edition, we have the pleasure of hearing about Karen Inge, another SDA member who was instrumental in founding SDA.

Karen Inge is a Fellow of Sports Dietitians Australia and was the first Vice President of SDA, and then the President. She lives in inner city Melbourne in a warehouse conversion (which she loves!) with her husband of 35 years, Dr George Janko, a semi-retired sports medicine doctor. They have two adult children: a daughter aged 30, who is a budding gastroenterologist, and a son, 28, who is a lawyer, recently engaged. She is pretty sure she is the oldest SDA member ... now that's an achievement!! Karen and George enjoy escaping to the Mornington Peninsula or the Yarra Valley most weekends.

1. When did you first become involved with SDA and why?

The formation of SDA was really a natural progression from the Australian Sports Medicine Federation (ASMF) Sports Nutrition Special Interest Group (SNIG). I say natural progression because at that time each of the disciplines within the now known ASMF at SMA were forming their own associations or groups including sports physicians, sports physios, sports psychologists and so on. So the dietitians who were part of SNIG decided to form our own organisation, SDA, in 1996 to ensure sports dietitians had a strong identity and role to play in the Sports Medicine/Sports Science team, now and in the future. We did this with the approval and support of DAA and ASMF. I was the founding Vice President of SDA, a position I held for four years, and then went on to be President for a further two year term.

2. How have you seen SDA change over the years?

Clearly there has been enormous growth in the membership base nationally, and the reach globally, of SDA. The training and accreditation program which encourages excellence in education, practice and research is internationally recognised and a very significant development. The passion and drive to be recognised as the experts in sports nutrition by athletes, sporting organisations and other sports medicine professionals has not changed, and we must continue to challenge the thinking of the day and strive for excellence in all that we do.

3. What do you think is unique about SDA?

I think the uniqueness of SDA is its collegiate approach. SDA is nurturing and supportive which is so important to encourage dietitians new to this field to fulfil their potential. SDA also creates amazing opportunities to develop skills in leadership and research, as well as employment opportunities.

4. What are your qualifications?

I just have the entry level to gain accreditation as an Accredited Practicing Dietitian (APD). I have not undertaken a higher degree which is probably the only regret in my career. I would encourage dietitians working in the area of sports nutrition to undertake research. There is so much more we can learn. I was fortunate to be awarded along with three other colleagues an inaugural fellowship of SDA in recognition for my contribution to sports nutrition excellence in education. I am very proud of that recognition.

5. What does your own work involve?

I have now retired from working in the area of sports nutrition. I always believed it was a young dietitians' domain. When I started to advise the second generation of athletes, I knew it was time! My last sports nutrition position was as Head of Nutrition at the Victorian Institute of Sport and I finished there in 2011. I have been forced out of retirement on some occasions when I've been asked to help out family and friends with their weekend warrior events, but it's been great to be able to run a few things past my SDA colleagues just to ensure that the advice is up-to-date.

I have now moved on to Culinary Nutrition which has allowed me to combine my two passions: dining and nutrition. I have been able to create a culinary destination in Flinders on the Mornington Peninsula with a one-hatted restaurant ... that's the culinary side. The nutrition side is setting up programs for the chef and restaurant industries to ensure that anyone with food intolerances / allergies or special dietary requirements can eat out at either fine dining restaurants or cafes and feel reassured that the chefs and front of house staff will understand and respect their needs.

I am still very involved with the media, I lecture to various groups, colleges and organisations, and I hold a couple of Board positions.

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6. What has been your career highlight to date?

That's a hard one ... but I suppose the position that changed the direction of my career was my role as nutrition coach at the Hawthorn Football Club for eight years. I was fortunate that in my first two years in that role they won back to back premierships and several of the players attributed their success to the change in diet....yes it was high carb and definitely not paleo! Hawthorn's success resulted in my getting a lot of media attention and launched my career into nutrition consultancy for food companies like Ricegrowers Cooperative, Uncle Tobys, MLA, Australian Milk Marketing, and Jalna Dairy foods to name a few, as well as a career in the media as nutrition writer for the Australian Women's Weekly for 17 years.

7. What do you like doing when you are not working?

I love spending time with my family and friends at our country retreat in the Yarra Valley and I am in the planning stages of designing and planting an orchard and herb and vegetable garden. I also have a passion for contemporary art and enjoy visiting galleries all over the world. I am spending more time on my personal fitness in the gym and love walking.

MEMBERS IN THE MEDIA

Alison Garth: SDA Spills the Beans on Caffeine - Sports Dietitians Australia - <http://www.bikeexchange.com.au/news/437-sda-spills-the-beans-on-caffeine-sports-dietitians-australia>

Dr Joanna McMillan: Counting kilojoules doesn't add up - <http://www.canberratimes.com.au/lifestyle/diet-and-fitness/counting-kilojoules-doesnt-add-up-20140319-3520y.html>

SUPPLEMENTS UNDER THE MICROSCOPE NITRATE

Continuing on our monthly sports supplement series, this month, we're going to look at the latest research on athletes and nitrate (AKA beetroot juice!).

What is Nitrate?

Although (inorganic) nitrate is found naturally in a range of vegetables, the excitement around beetroot juice as the latest sports supplement comes from its particularly high content of nitrate in an easy to deliver package. Beetroot juice can be made at home with a juicer but concentrated shots (e.g. Beet ItTM shots) are generally more popular owing to their significantly lower volume than DIY juices (70ml vs. ~500ml DIY beetroot juice) for the same amount of nitrate.

Nitrate and performance

Once consumed, nitrate is converted in the mouth and stomach to nitric oxide (NO). (As a side note, athletes using beetroot juice should avoid using mouthwash or gum which can reduce the bacteria available in the mouth, essential in the conversion of nitrate to nitric oxide.) NO has several roles in the body, but importantly acts as a vasodilator, opening blood vessels and allowing more blood and oxygen to be delivered to muscles. A more novel finding has been that supplementation with nitrate may reduce the energy cost of exercise, an adaptation that usually occurs with extensive physical training. Recent papers have also reported that muscle contraction may also be positively affected following several days of beetroot juice intake. Likely owing to a combination of these factors, several investigations have found increased performance in a host of activities following nitrate supplementation, including running, cycling, rowing and repeated sprints..

Athletes that may benefit from Nitrate supplementation

This remains an area for further research but there appears to be beneficial effects on performance for a range of endurance and team sport activities (at least in the lab). It also appears that athletes training or competing at altitude (a hypoxic or low oxygen environment) may have particularly good responses to nitrate supplementation.



Recommended dosing strategy

We still have a lot to learn in this area. Research to date uses an array of strategies with variable amounts (~300-600mg nitrate) and timing of supplementation (single acute dose, split/top up acute doses, chronic loading). However, the most common dosing strategy is:

- ~600mg nitrate (e.g. 2 x 70ml Beet ItTM shots) 2-2.5 hours prior to the start of exercise

Potential side effects

- Mild gut discomfort in some athletes (particularly those with 'FODMAPS intolerances')
- Pink coloured urine and stools (harmless)

Literature worth a read

Start your reading list with this recently published systematic review and meta-analysis in IJSNEM (don't forget SDA members have free access to IJSNEM articles).

Hoon et al. The Effect of Nitrate Supplementation on Exercise Performance in Healthy Individuals: A Systematic Review and Meta-Analysis. *Int J Sports Nutr Exer Metab.* 2013;23:522-532

Being a systemic review, this paper also has the added advantage of a comprehensive reference list for those eager to read more.

SDA HQ UPDATE

GROWING THE INDUSTRY FOR YOU

We're lucky to have a bunch of clever marketing and PR people on SDA's Marketing and Communications Committee, who have been helping us focus our marketing strategy and direction for the coming years.

Front and centre are efforts to raise awareness of the importance of a great nutrition plan and the role an Accredited or Advanced Sports Dietitian plays in sport performance, especially amongst "committed athletes" – those dedicated and motivated individuals who train four to six times per week in pursuit of a performance goal. This includes everyone from triathletes and runners, to footballers and body builders.

We figure the more engagement with committed athletes about the benefits of good sports nutrition leads to more sports nutrition consultations for our members.

To date, we've targeted a couple of sport specific magazines – Australian Triathlon Magazine; Runners World Online and BikeExchange.com – and SDA is now the regular contributor of sports nutrition content – credible, evidence based content. Thanks to all those members who have been contributing articles for us!

Now we need your help:

- Are you displaying your accreditation logo on your website, email or business card? (See below)
- When reaching out to media, do you mention the wide network of SDA members across Australia who are helping committed athletes achieve their goals every day?
- Are you listed on our Find a Sports Dietitian page on the website so people can find you?
- And are your contact details up to date?

All these little things help committed athletes join the dots to know they are engaging in a dynamic network of sports nutrition experts – from the peak body down to their local private practice. Plus, in the coming months, we're building a new website which will help more committed athletes find and connect with you. What does that mean for you? More clients -> more business -> happy members -> a growing, thriving profession.

MEMBERSHIP FEES INCREASE

CDP development, SDA conferences and Supplement Symposia, Position Statements on Adolescent Sports Nutrition, increased brand awareness, more staff, IJSNEM subscription, corporate partnerships, member support, education course, job opportunities..... it's quite a list of the amazing achievements and benefits as an SDA member.

To support our future plans*, and because the last membership fee increase was over four years ago, SDA will be increasing the fees from 1 July 2014:

Accredited/Advanced Sports Dietitians & Fellows will pay \$150 (+GST);

Associate/Provisional Sports Dietitians will pay \$106.50 (+GST)
Student members will pay \$50 (+GST).

For the cost of a cup of coffee# each month for a year, we can continue to achieve our vision and goals. Thanks for your support.

* *We're building a new website with heaps of new resources, bells, and whistles to support your professional development and showcase to the world the importance of great sports nutrition*
Can't guarantee the quality of a coffee that only costs \$2.50!

IT'S LIKE OUR TICK OF APPROVAL

Accreditation level	SDA Member logo	Abbreviations
Accredited Sports Dietitians		AccSD OR Acc Sports Dietitian
Advanced Sports Dietitians		AdvSD OR Adv Sports Dietitians

Stay well

Team SDA – Mel, Liza, Georgie and Ali G

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CONTACT US

Please contact us at info@sportsdietitians.com.au for any of the following:

- Comments and feedback
- Change of contact details
- Enquiries regarding membership

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