

SDA welcomes Informed Sport

Sports Dietitians Australia (SDA) is delighted to announce its 12month partnership with Informed Sport to develop education information for athletes and accredited sports dietitians on the use of dietary supplements in sport.

As the 'go-to' experts for many athletes, SDA members provide accurate nutritional information based on scientific evidence. They promote healthy eating and tailored dietary supplement programs, when required, to enhance health and performance for athletes, and have a holistic approach to sports nutrition and dietary supplementation that is safe, legal and effective.

Currently, no education program exists that supports the education of the athlete community about being 'supplement savvy' - in an era of burgeoning supplement use and rising anti-doping rule violations. Nor does there exist a central storehouse for all the information, resources, education and supporting evidence on dietary supplements. Through this partnership, SDA will develop both the education programme and storehouse as the platform to educate our members (key influencers) and athletes about the effective, safe and legal use of dietary supplements.

Informed-Sport is the globally-recognised risk minimisation programme managed by international science group LGC. More than 370 products from across the world are currently registered on the programme.

"As Informed-Sport grows within Australia, we are looking to guide athletes and sports dietitians on how best to manage the issues associated with supplement use, and how the rigorous requirements of the Informed-Sport programme provide a high level of quality assurance," said Terence O'Rorke, LGC's Business Development Director, Sport and Specialised Analytical Services.

O'Rorke continued, "We have an ever expanding number of Australian brands on the Informed-Sport program, and working with a credible organisation such as SDA allows us to deliver important educational messages to both athletes and the general consumer."

Melinda Jacobsen, Executive Officer, SDA, said, "SDA is excited to partner with LGC and Informed-Sport to educate its members and athletes on the value of an independent testing program that tests dietary supplements used by athletes for a range of WADA banned substances.

"SDA believes the Informed-Sport certification helps athletes manage the ever present risk of contamination of dietary supplements with banned substances. Accredited sports dietitians are often an influential information source for committed athletes looking to use dietary supplements. With their role as a key knowledge gate keeper in this process, the partnership between SDA and Informed-Sport ensures accredited sports dieticians continue to be the most informed, credible practitioners with which to consult about an effective, low risk supplement plan."

Sports Dietitians Australia is a professional organisation of dietitians specialising in the field of sports nutrition. It aims to provide up-to-date sports nutrition information based on sound scientific principles for both the general public and health professionals. The minimum academic requirements for Accredited Sports Dietitians include a Bachelor of Science degree with post-graduate qualifications in dietetics, as well as further sports nutrition accredited studies.