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## FOOTBALL - THE EUROPEAN EXPERIENCE

By Jess Spendlove, Accredited Sports Dietitian

When the 2016 football calendar came to an end, I decided it was time to tick a big solo Europe trip off my bucket list. The trip was mainly a holiday, however I also visited some elite European sporting organisations while I was there for some professional development. I was fortunate to organise time at Arsenal and AS Roma with members of their respective high performance teams to talk all things athletic performance nutrition. While I was excited to simply gain access to the facilities, and spend time with some very experienced professionals, I was particularly keen to discuss what these clubs were doing from a food service and injury nutrition point of view.

My first visit was to the Arsenal training facility where I spent an afternoon with James Collins who is the club Sports Nutritionist. Gaining access to a club such as Arsenal can be very difficult, and there are often strict rules and regulations on when a visitor can attend the venue and what they are able to see. Given all of this, I was very appreciative to be allowed the opportunity to visit the training facility.

On arrival, James showed me around Arsenal's very impressive facilities including where the players eat their meals, the gym, the change rooms, the pool, the rehab facility (which includes their own DXA machine) and their many, very perfectly manicured football fields. James and I then spent a few hours discussing the specifics of our nutrition programs, including our key philosophies and the underlying foundations driving those programs. Pleasingly, there were a lot of similarities between our beliefs. From a food service perspective, the quality and quantity of meals provided at Arsenal were far superior to anything I have seen or am able to provide, purely due to the difference in budgets. From an injury nutrition perspective, the main difference to my own experiences was Arsenal's regular use of DXA scans to quantify body composition changes in athletes with long-term injuries (they purely use DXA scans and don't use other anthropometric measurements such as skinfolds or circumferences).

Later in the trip, I stopped in Rome for a few nights, where I was able to spend a full day at the AS Roma training facility. Darcy Norman (Director of Performance) and Ed Lippie (Head Performance Coach) were very welcoming and introduced me to the athletic performance team, including the Sports Nutritionist, Guido. I did however spend most of my time talking nutrition, hydration,

supplements, and body composition with Darcy and the team doctor, Helge, as the Nutritionist could only speak minimal English, and my Italian unfortunately does not extend beyond the basics.

Similar to Arsenal, all of the facilities were very impressive. The supplements room, which housed all of the snacks, supplements and sports-drinks, was large, new and well designed. The Nutritionist at AS Roma has worked hard to ensure every player has an individualised fuelling and recovery plan, which he is responsible for delivering every day. Similar to Arsenal, the food service program was extensive, with a number of meals and snacks being provided to the playing group each day. My own experience in this area is most elite sporting clubs in Australia might be able to provide a few subsidised meals to players each week, not a number of meals and snacks per day, at no expense to the athletes.

Overall, the time I spent at Arsenal and AS Roma was insightful and stimulating. It was an amazing experience to see the training facilities and hear about the level of servicing, such as the quality and frequency of meals, which are provided to the athletes at the big European football clubs. It was also pleasing to realise the main difference in these nutrition programs really comes down to funding, and that the key components and foundations are similar to those I am familiar with.

## LOW CARB HIGH FAT – A PERSONAL EXPERIENCE

By Steph Gaskell, Accredited Sports Dietitian

Two of my clients who were gym fanatics and were striving for fat loss goals requested to trial a 'ketogenic' diet. I had nil experience developing this style of diet, much of my experience is in developing plans utilising the benefits of carbohydrate for endurance sport.

I have always been an individual who wants to try things out for myself – getting to know the ins and outs of something first-hand. So I implemented a low carbohydrate high fat diet with them.

We followed a modified Atkins diet (ketogenic to my understanding is really about 90% fat): 70-75% fats, 5% carbs, 20-25% protein.

I read a number of papers, corresponded with colleagues and watched a medical video about the ketogenic diet and its influences on the body along with the practicality of such a diet.

I understood that you needed to be on the diet for at least 2 weeks in order to experience the effects of keto-adaptation. Protein intake needed to be reasonable (1.3-1.7g/kg and some going as high as 2.8g/kg) but not excessive otherwise this could impact on ketogenesis. In the studies I had read, carbohydrate was in the range of 20-50g. The plan I developed was 20-25g carbohydrates. Fats were preferentially mono and polyunsaturated.

We were following the diet for a short period—4 weeks—therefore did not find supplementation necessary. In some of the papers I had read it mentioned the risk of inadequate calcium, sodium, magnesium, and potassium in such a diet.

My clients used ketone dipsticks. I discussed this with a colleague experienced in the ketogenic diet and her reports were that the dipsticks are found to be relatively reliable. At times when they are not it is recommended to check blood ketones.

It took some time to develop the diet because it was not familiar to me. I learnt you had to be motivated and specific with your data entry into FoodWorks. Errors can easily occur disrupting your desired macronutrient intake of the diet. Intake was tracked using My Easy Diet Diary and FoodWorks.

My clients and I tested out a number of recipes. Some of the recipes tested were: Cloud Bread (not bad, is a good addition if you feel like bread or a sandwich, I made a chicken pesto sandwich with

the bread), keto garlic mascarpone pizza (base mainly made of cheese/cream, rich meal), butter coffee (okay but not as good as I had anticipated), savoury sage and cheddar waffles, cheddar crackers, and cheesecake balls. A typical breakfast for me was eggs, bacon, some lower carb vegetables diced up and olive or garlic infused olive oil, and a regular snack included dark chocolate and salted macadamias. I tended to prefer to stick to the basics and I was happy with tuna or salmon salad for lunch and fish or chicken with low carb vegetables.

When washing up I found utensils, plates etc. were pretty oily. I found the diet reasonably cheap to follow. I took advantage of using olive oil to help add up the fat intake. I needed to remind myself to be careful with the sauces I added in cooking, needing to check their carbohydrate content.

I did not find the diet terribly difficult to follow but I was doing it for a short period and my exercise was limited (not due to the diet but due to a current injury). In the first week when I did go for a run I struggled, lacked energy and momentum. My clients found an initial challenge with exercise, in their first week they were a little more fatigued but then this disappeared. One was headed in the right direction with their body fat goals and the other did not appear to respond e.g. did not lose body fat. Neither of them struggled with the diet but they were motivated clients. From following the diet I have changed my normal eating routine where I enjoy more of the healthy fats and I am more generous with using olive oil. I have returned to enjoying the benefits of each macronutrient, not overly limiting either.

## FUEL JOURNAL ARTICLE REVIEW – TEST YOUR UNDERSTANDING

By Alison Patterson, Advanced Sports Dietitian

*Continuing on our article review series in FUEL, here is this month's quiz to test your understanding of an article that has appeared in a previous CDP wrap-up email. Read the article listed and then answer the quiz questions below. Once you've completed the quiz, check the following page for the correct answers and review the article for any that you may have got incorrect.*

*Remember to log your CDP points for the activity (Professional Development > Self-Directed Study > Reading Journal Article 5 points)*

Journal Article:

Personal trainer perceptions of providing nutrition care to clients:

A qualitative exploration

Katelyn Barnes, Lauren Ball and Ben Desbrow

<http://journals.humankinetics.com/doi/abs/10.1123/ijsnem.2016-0141>

**What percentage of personal trainers reported providing nutritional care to their clients?**

1. 60%
2. 50%
3. 100%
4. 20%

**Which of the following statements is MOST correct?**

1. When giving nutrition advice, majority of personal trainers lacked an evidence based approach.
2. The personal trainers never used personal opinion to guide the information they gave clients.
3. Personal trainers always looked to the evidence before prescribing nutrition advice.
4. All personal trainers understood the Fitness Australia Scope of Practice document, and were aware of the content.

**Which of the following themes was NOT explored in the study?**

1. Defining nutrition care as an important component of personal training.
2. Providing diverse nutrition care.
3. Acknowledging gaps between nutrition.
4. The role in which a dietitian plays in health care.
5. Lacking awareness and understanding of the scope of practice.

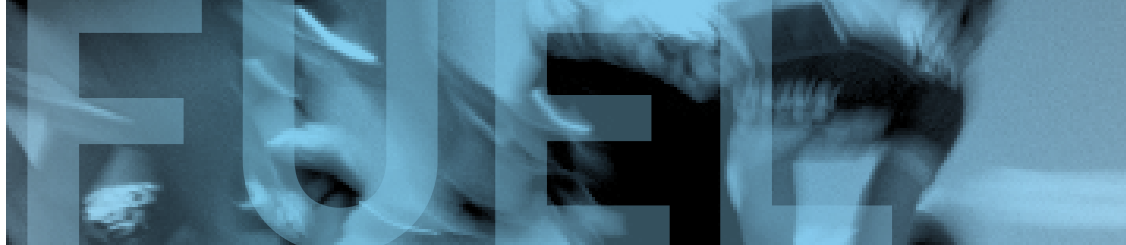
**According to the authors, which of the following is NOT true - providing nutrition education to personal trainers:**

1. Will improve access to credible nutrition information sources
2. Will lower the fitness industry risk
3. Cause fitness regulation bodies to advocate for personal trainers to provide nutrition care.
4. Personal trainers will be less likely to refer on to other nutrition professionals.
5. Will cause personal trainers to provide nutrition care that is beyond their scope of practice.

**The personal trainers in this study gave nutrition information based on which of the following?**

1. The food pyramid
2. The Australian Guide to Healthy Eating
3. The Mediterranean diet
4. The Paleo diet
5. The Atkins diet

**For answers refer to last page**



## DIETITIANLIFE - BUILDING THE BRAND OF ALL DIETITIANS

By Tyson Tripcony, Accredited Sports Dietitian

*Dietitianlife* is a Snapchat channel where dietitians provide value to the audience while lifting the stigma associated with being a dietitian. You know, the whole 'we are robots', the 'food police' and 'will make everyone eat salad' kind of stigma.

Snapchat is a predominantly video based platform which allows only a maximum of 10sec worth of video or pictures for each post, and each post will expire within 24 hours. The main demographic currently using Snapchat is 16-30year olds – the upcoming generation. Myself and a small team of dietitians are regular contributors to the channel, however we also have guest contributions from other dietitians who have shown interest. Sally Marchini (Marchini Nutrition), Teri Lichtenstein (FoodBytes), Mitch Smith (Health Management - Cairns), and Sports Dietitians Australia are just some of those who have taken part in a takeover.

### What we do

Every day a dietitian from the team will provide viewers with nutrition tips and tricks, recipe ideas, cooking demonstrations, product reviews, restaurant reviews, and food facts in our own unique way. We also explain, in simple (sometimes humorous) terms, what nutrition-related diseases are and how these can be managed or prevented. We dispel nutrition myths and comment on the newest fad diets and anything that the media is talking about. Importantly, we also answer all viewer questions for FREE. That's right, they ask us a question and we answer it for FREE. From a business standpoint this may seem silly to some ('what's the point then', 'how do I make money from it'), but if you think about the long game instead of the short, it makes sense, i.e. develop the brand of all dietitians so when they have an issue they come to us for answers, instead of Google or that 'fit girl' from Instagram.

### Why I started it

When I created *dietitianlife* I initially wasn't quite sure of what I wanted to eventuate from the venture. Part of me thought it would be good to show the day-to-day life of a dietitian and provide insight for new grads or dietetic students. I also thought it might be a place where dietitians could consume professional development information from dietitians across Australia and the world (I still think this is a possibility). But mostly I thought there was an opportunity to provide value to a market not currently

being marketed to well, and to rebrand what the public thinks of dietitians. Ultimately, I would love if instead of Googling their next nutrition question, the 16-30 years olds ask the question on Snapchat. The truth is, it is currently a mould of all of the above.

### Our viewers and what we have found works the best

Snapchat isn't as easy as Facebook to identify metrics or measure engagement, but I am always about depth rather than width. We have about 250 people that watch each day, and some days and times will have more viewers, but it is quite hard to ascertain when that is (as one would need to be on it for the full 24 hours). Snapchat doesn't tell you how many total subscribers you have either, so it is difficult to give a number – 250 might not seem like a lot of viewers, but with 250 watching your videos every single day, you can have a big impact on those 250. These viewers are located all over Australia, but also in the USA, Spain, Italy, Philippines, New Zealand, UK and Europe. What we have found that provides the most engagement (through screenshots, views, replayed snaps, private messages) is video content (by far), lists of tips on the screen, product reviews, cooking demonstrations, reminding viewers they can ask a question for free, and rants (my favourite). We have had many viewers ask us for private consults or to put them in contact with dietitians in their areas – which we have done via SDA and DAA websites, with dietitians in the client's location who have done takeovers being the first we contact.

### What next?

The goal is to continue increasing the amount of content we provide, continually tweaking our content based on audience engagement, doing extra compilations for our Facebook page, adding new dietitians, building the viewer base through paid marketing, continually challenging the dietitian stigma, and hopefully helping other dietitians tap in to a new audience and build their brand through our Snapchat channel.

If anyone wants to check it out, add username: dietitianlife on Snapchat. Or see some of the snaps compiled on our Facebook page: [www.facebook.com/dietitianlife](https://www.facebook.com/dietitianlife). To learn more about what we are doing, get in touch below – I am happy to chat any time.

Tyson Tripcony

<https://au.linkedin.com/in/tysontripcony>

## BEEF VERSUS BUGS – COULD INSECTS BE THE PROTEIN SOURCE OF THE FUTURE?

By Demi-Maree Faulkner, Provisional Sports Dietitian

Does the thought of eating bugs make you cringe? You may want to think again. Entomophagy (insect-eating) has sparked the interest of a new generation of chefs and adventure enthusiasts; fitness enthusiasts may be next to jump on the creepy crawly bandwagon. If you travel through southeast Asia, you will find edible insects are as common as beef at a butcher shop. As a matter of fact, 80% of the world's population is already eating insects. This has to make you think, maybe we are missing something. So I guess this new trend was inevitable.

Crobar, created by marathon runner Christine Spliid, is a protein bar made out of cricket powder that has recently launched in the UK and boasts some popular reviews. Now don't go picturing cricket legs sticking out of a muesli bar or stuffing wriggling live bugs into your mouth, this is not the same stuff that food adventure travel stories consist of – YUCK! I'm going to correct that image. Most edible bug products, by the time they get to you, are dead, cooked, and possibly ground into a very fine, nutty tasting powder. See, no more *Fear Factor* than your regular processed protein products.

It turns out edible bugs are also fantastic for the environmentally conscious. By eating insects one day per week, you save 100,000L of water per year. Bugs, on average, require six times less feed and a lot less agriculture than cattle. Maybe Mealworm Mondays will be the new meatless Mondays?

So, how do these insects stack up when compared to other commonly consumed protein sources? Well, by dry weight the average insect is about 50% protein with some insects containing 75% protein, making them very comparable to other animal protein sources.

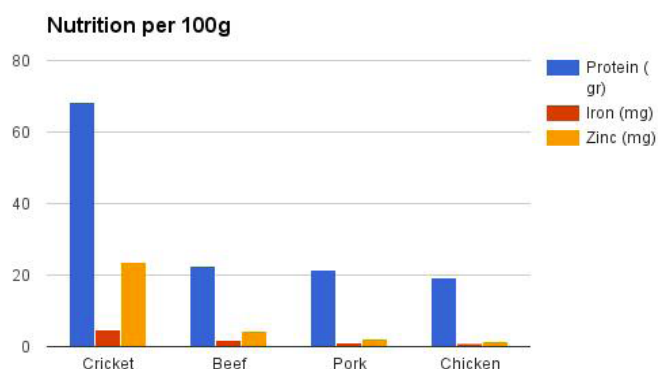
	Cricket Powder	Semi Trimmed Raw Rump Steak
Serving Size (g)	17	121
Energy per serve (kjs)	333.7	660
Protein per serve (g)	10	24.2
Carbohydrate per serve (g)	1.4	0
Fat per serve (g)	4	6.7
Saturated fat per serve (g)	0.1	2.6
Potassium per serve (mg)	187	432
Iron per serve (mg)	0.4	2.5
Calcium per serve (mg)	40	4.8
Vitamin B12 per serve (µg)	1.6	1.7

For a smaller serve and less energy intake, the protein content of cricket powder is 58%, contains no saturated fat and a lot more calcium.

For athletes on an energy budget or athletes that struggle with meat products, edible insects could be a fantastic choice. Protein bars and powders made of insects are starting to pop up all over the US and are readily available online in Australia. Powders such as cricket powder are very versatile: it could be added to smoothies, baked goods, oats, etc. With a fine texture and slightly nutty taste, the possibilities of use are endless – just be aware of the allergen possibility with insects closely related to shellfish. Cricket flour banana bread anyone?

To test it out for yourself, here is an Australian owned edible bug shop:

<http://ediblebugshop.com.au/g/1203934/nutrition-environment.html>



## SDA HQ UPDATE

### NEW YEAR, FAMILIAR FACES

The New Year has heralded and we're all systems go here at HQ, after a fun and restful break.

We're excited to welcome back Georgie Sutherland from maternity leave – *I know where did that time go!* Georgie (re) joins us to look after the Conference planning, supporting our corporate partnerships and delivering a few new and exciting projects.

At its last meeting for 2016, the SDA Board re-elected Simone Austin as President, Gaye Rutherford as Vice-President and Anoop Singh as Company Secretary – high fives to you guys!

The Board strategy weekend is this month when we'll review progress towards our Strategic goals, contemplate some new projects to progress the profession and your career, and maximising our strengths to ensure SDA continues to shoot for the moon.

### CDP AUDIT

Some of you may have been contacted by the office advising you've been selected for audit. It's a fairly straight forward process – take some time to update your CDP record, attach some evidence and voilà, you're done.

Audits are an important part of ensuring the integrity of the CDP system and, as you confirmed via our member survey, the CDP is one of the main reasons why you value being an SDA member. Thanks so much for your help and if you have any questions, please don't hesitate to call us – 03 9699 8634.

### SDA STATE COORDINATORS

SDA extends our special thanks to our state coordinators, who are always busy behind the scenes planning interesting state branch meetings. These events are easy PD points (5 points just for attending) so keep an eye on the Members Resources > State Info & Meeting section for dates and venues for 2017.

Here are the contact details for your state:

WA – Alex Dreyer [alex@catalystdietitian.com.au](mailto:alex@catalystdietitian.com.au)

SA/NT – Steph Gaskell [gask09@hotmail.com](mailto:gask09@hotmail.com)

VIC – Claire Saundry [claire\\_saundry@hotmail.com](mailto:claire_saundry@hotmail.com)

TAS – Gaye Rutherford [gayerutherford@bigpond.com](mailto:gayerutherford@bigpond.com)

ACT – Kate Gemmel [Kate.Gemmell@act.gov.au](mailto:Kate.Gemmell@act.gov.au)

NSW – Eliza Freney [eliza@ripenhealth.com.au](mailto:eliza@ripenhealth.com.au) & Rebecca Hay [rebecca@rebeccahay.com.au](mailto:rebecca@rebeccahay.com.au)

QLD – Ali Disher [ali.disher@gmail.com](mailto:ali.disher@gmail.com)

You'll see a few new names here. Our heartfelt thanks to Kath Shone (VIC), Jayde Sedgman (WA) and Chloe McLeod (NSW) who have handed over the baton.

### 2017 SDA CONFERENCE – PROPELLING YOUR KNOWLEDGE & PRACTICE

You've saved the date now keep an eye out for the website and registrations opening soon!

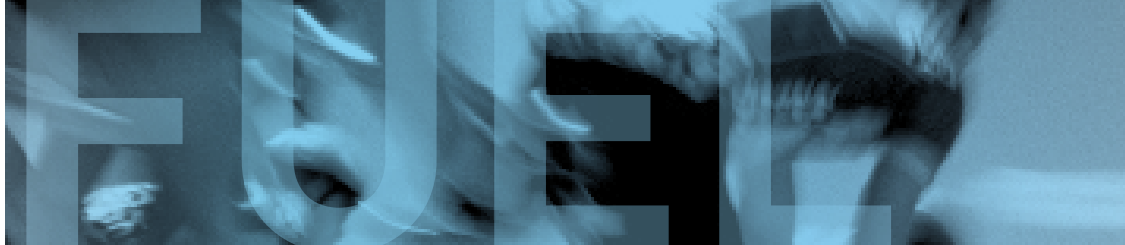
The program is coming together nicely thanks to our 'brains trust' of Ben Desbrow, Sally Garrard, and Steve Flint who are our Organising Committee. Suffice to say we're all super excited with the line-up of smart, clever, engaging speakers to present on emerging and topical issues. The 'Soapbox' sessions are back so start prepping your abstracts for submission – the call will go out when registrations open....hopefully in the coming weeks.

### PRE-CONFERENCE MASTER CLASS

This year we're also holding our very first 'Master Class' on Nutrition & Injury Management, as a pre-Conference workshop on the afternoon of Thursday 19th October.

An outcome of our 2016 Board strategy discussions, the Master Classes will be a new PD activity that creates higher level sports dietitian practitioners by offering specialisations. They will include pre-learning task/preparation; the workshop; and post-workshop assessment. Benefits to members include being able to promote yourself as having **attended** the Master class. We're also looking to create an icon or symbol that members can add to their profile to show that they have undertaken further learning on that specific topic. Further information about the October Master class will be available as part of the Conference package on our website.





## NEWSLETTER

VOLUME #150 / FEB

## SDA HQ UPDATE

### PD PLANNING - 2017 CONFERENCES

While the SDA Conference is really the only one you want to be at in 2017, here are a couple of others going on:

FILEX – 28-30 April, 2017 in Sydney - <http://www.filex.com.au>

ESSA Business Forum – 6-7 May, 2017 in Canberra - <https://www.essa.org.au/members-home/professional-development/2017-essa-business-forum/>

DAA – 18-20 May, 2017 in Hobart - <http://daa2017.com.au>

### WE'RE LISTENING

You spoke and we listened. Following on from your answers in the annual member survey, the Education Committee have devised a schedule of proposed webinar topics for 2017. Keep an eye on the E-news for dates, speakers, and registration details.

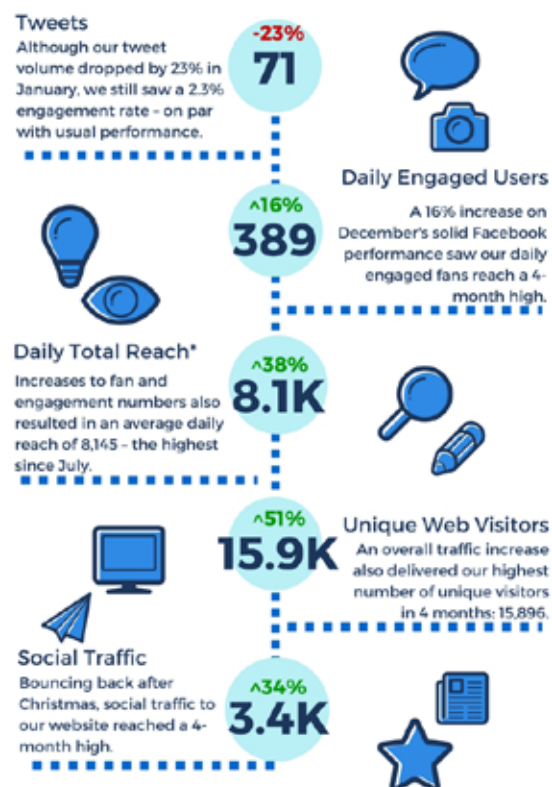
- Managing travelling athletes
- Tailored protein requirements
- Nutrition to drive training adaptations
- The intricacies of sweat testing
- The relationship between nutrition and sleep

Hope 2017 is off to a great start – looking forward to another outstanding year supporting you!

Stay well.

Team SDA – Mel, Kellie, Georgie, Marie & Ali

## Digital Delivery - Jan





## JOURNAL ARTICLE REVIEW ANSWERS

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