

Supplement Update for Coaches & Athletes

Creatine

Protein powders (ie muscle-building formulas)

Caffeine & Energy drinks

Quercetin

Sport Nutrition bars

Sports drinks

Other supplements

Additional handouts provided at the session.

Taking Care of Your Health:

Nutrition Strategies for High Cholesterol & Other Health Concerns

Balancing Your Plate to Improve Blood pressure, Cholesterol and Type 2 diabetes:

Dietary fats & effect on health:

Choosing the right fiber:

Sugars & artificial sweeteners:

Eating patterns that support health:

Additional handouts provided at the session.

Nutrition for Optimal Athletic Performance

Common dietary mishaps in athletes:

Consequences of poor nutrition:

Psychological

Physical

Effects on performance

Quick & easy snacks and meals for athletes:

Framing nutrition discussions towards athletes:

Additional handouts provided at the session.

Know Your Nutrition: Intake Recommendations for Sugar and Other Nutrients

Impact of excess sugar intake on health & learning:

Ground-breaking sugar guidelines for children & adults:

Recommended intake for macronutrients:

Online educational resources:

Other tools for success:

Additional handouts provided at the session.