

Top Ten Reasons

to Consult a Board Certified Specialist in Sports Dietetics (CSSD).

1. You want to improve exercise or sports performance.
2. You want to gain muscle mass or lose body fat.
3. You want to gain muscular strength and power.
4. You want to increase stamina and endurance.
5. You want ideas for food to eat before, during, and after exercise or sport.
6. You want to choose the best fluids to drink before, during, and after exercise or sport.
7. You want to make better food choices and need ideas for buying and preparing food.
8. You have food allergies or intolerances and want to know the best choices for your condition and how food and medicine interact.
9. You experience gastrointestinal problems that keep you from performing at your best and you seek solutions.
10. You are an athlete who has a medical condition, e.g., diabetes, cardiovascular risk factors, compromised bone health, abnormal iron status, food allergies, or gastrointestinal problems such as gluten sensitivity, and you want nutrition guidance and a personal meal plan.



The Board Certification as a Specialist in Sports Dietetics (CSSD) credential is the premier professional sports nutrition credential in the United States. CSSDs are registered dietitians who provide safe, effective, evidence-based nutrition services for health, fitness, and athletic performance. The CSSD was developed by the Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association, the nation's largest organization of food and nutrition professionals. CDR is an organizational member of the National Organization for Competency Assurance.

The key to optimal meal planning for athletes is individualization. Contact a registered dietitian (sports dietitian or Board Certified Specialist in Sports Dietetics-CSSD) for personalized nutrition plans for athletes. Access "Find a SCAN Dietitian" at SCAN's website.

Sports, Cardiovascular, and Wellness Nutrition (SCAN)—www.scandpg.org

Demand Experience—Demand Excellence—Demand the Board Certified Specialist in Sports Dietetics (CSSD)