

Sports Nutrition

The USOPC added a new webinar to the Sports Nutrition for Para Athletes webinar series – this one is on Staying Healthy. While it's about nutrition to support immune function, it wasn't put together specifically for Covid-19 messaging.

The purpose of these 15-20 min webinars is to provide a resource for athletes who don't have regular access to a sport dietitian. They are resources that any athlete at any stage in their career can take something away from.\

I've listed the entire series here as a reminder of the links. The last link on the list is the newest one.

Intro - <https://www.youtube.com/watch?v=2yRALQpg9EU>

· *Sports nutrition introduction* - <https://youtu.be/BDeuh7htGWU>

· *Fueling appropriately for training* - <https://youtu.be/j92vl8k9gFk>

· *Hydration* - <https://youtu.be/eKEm1Now Ys>

· *Recovering effectively between training sessions (the 4 R's of recovery)*
- <https://youtu.be/qjsrGMwP-1U>

· *Changing body composition* - <https://youtu.be/lxEYsC9EROE>

· *Competition nutrition* - <https://youtu.be/vdl76g1DCps>

· *Travel nutrition* - <https://youtu.be/KrbnQ8rSW-s>

· Staying Healthy - <https://youtu.be/zfreOw99u7E>

In addition, I'd like to take the opportunity to highlight that the USOPC Sport Dietitian professional team have recently updated all of the fact sheets on their website, and added a new one on vegetarian/vegan eating. Please take a look at the new format

- www.teamusa.org/nutrition