



## FOOD AND NUTRITION GO MAJOR LEAGUE

Sports Dietitians Step up to the Plate

# 2017-2022 CBA

## COLLECTIVE BARGAINING AGREEMENT

### Nutrition

- PAC Player Advisory Council
- Access to a registered dietitian
- Full-time chef to prepare clubhouse meals
- 1pm or 7pm game days — 3 meals  
breakfast/lunch, pregame, postgame meals
- 4pm game days — 4 meals:  
breakfast, lunch, pregame, postgame



# RD RESPONSIBILITIES

- confers with Player Advisory Council rep
- oversees all menu planning
- consults with home chef and reviews menus
- responsible for selection of vendors and menus for all away games

- RD consults with chef and oversees meals
- Physicals performed, blood work drawn
- RD available to players, coaches, and staff for one-on-one nutrition counseling





# SOME COMMON DIET FIXES

- Weight loss or weight gain
- Modification of body composition
- Imbalanced meal patterns
- Correcting diet and nutrition myths
- Need for Medical Nutrition Therapy (MNT)



# IN-SEASON TWEAKS

- Pitchers may experience uneasy stomach or loss of appetite on start days. Some find that they lose weight due to not fueling properly and need fueling tips for start days.
- Position players play every day when healthy. 7 days a week, 162 games per season. 3-4 meals a day in the clubhouse—flavor fatigue may affect appetite.
- Nutrition plans change if player is injured.



# SEEKING A COMPETITIVE EDGE

Dietary supplements  
are endemic to  
sports.

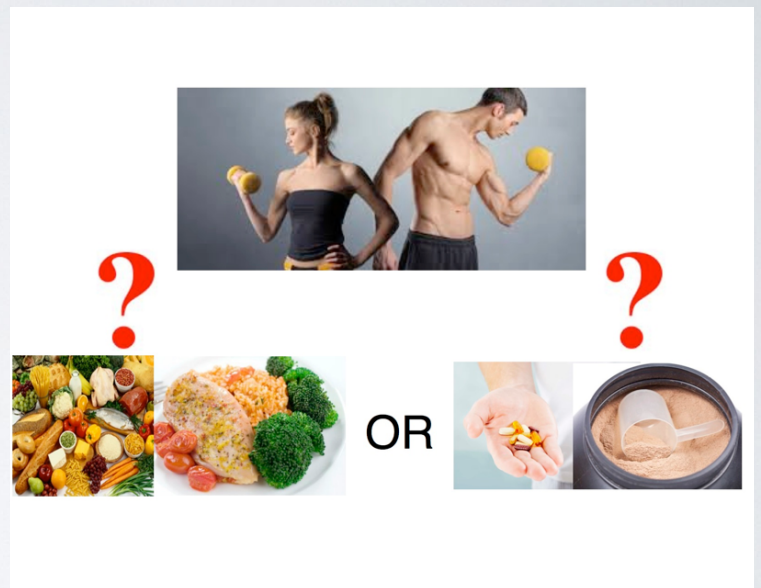
- Based on beliefs . . .
- . . . food doesn't supply the nutrients we need in the amounts we need them.
- . . . nutrients from supplements are more effective than those in food.
- . . . if a little is good, a lot is better
- **Irony:** Belief that, to be healthful, food must be “*all natural,*” *organic,* *unprocessed.*





# SPORTS DIETITIAN'S ROLE

- Safety, all supplements must be NSF Certified for Sport
- Caution against taking too much of a given substance.
- Provide evidence of efficacy and toxicity.
- Guidance on prudent use to supplement diet.





**“There are only five things you can do in  
baseball – run, throw, catch, hit and hit with  
power.”**

Leo Durocher

**“ . . and nutrition fuels all of them!”**

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