FOOD AND NUTRITION GO MAJOR LEAGUE

Sports Dietitians Step up to the Plate
Nutrition

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