



Fueling the Dietary Restricted Athlete: Navigating the Worlds of Gluten Free, Vegan, and Diabetic Athletes

*Sunday, October 20th; 6:45 – 8:00 AM
Hilton Americas Houston, Level 4 Grand Ballroom J & K*

Abstract

Sports nutrition recommendations exist to support the daily and performance goals of athletes. The sports dietitian plays an important role in helping the athlete understand and implement these recommendations. Additional challenges arise when developing a nutrition strategy for an athlete following a restricted diet or an athlete that is faced with medical challenges. This session will examine two case studies, one involving an athlete maintaining a vegan diet and one involving a Type I diabetic athlete. The case studies will present the challenges these athletes face and strategies to support daily nutrition needs and performance goals.”

Learning Objectives

1. Discuss sports nutrition concepts and meal planning for high performance vegan athletes.
2. Understand the challenges of blood sugar control around exercise for a person with type 1 diabetes.

Speakers

Roberta Anding, MS, RD, CSSD, LD, CDE

Roberta Anding is an instructor in the Department of Kinesiology at Rice University, where she currently provides individual instruction to student athletes. She is also a faculty member of the Baylor College of Medicine in the Department of Pediatrics, Section of Adolescent Medicine and Sports Medicine where she is an instructor in nutrition as well as the clinical dietitian in the Adolescent Medicine and Sports Medicine Clinic. She is also currently the dietitian for the Houston Texans franchise. Throughout her career, she has contributed to the publication of the numerous nutritional articles and book chapters as well as giving several media presentations. She is a past chair of SCAN. Roberta currently serves as a liaison for SCAN to the American College of Sports Medicine and is the ADA Media Spokesperson for Houston.

Andrea Chernus, MS, RD, CDN, CDE, CSSD

Andrea Chernus is a Registered Dietitian, Certified Diabetes Educator and Certified Specialist in

Sports Dietetics with over 17 years of experience in helping people to lead active, healthier lives through changes in eating and exercise habits. She earned a Masters of Science Degree from Columbia University in Applied Physiology and Nutrition and was named to two national honor societies: Omicron Nu and Phi Kappa Delta. Andrea currently maintains a private practice on the upper west side in New York City, specializing in sports nutrition, diabetes, high cholesterol, digestive disorders, eating disorders and weight management. Through her association with Nutrition Conditioning Inc., she advises students at The Juilliard School on performance nutrition and has previously completed projects for the NY Giants, NY Mets, NY Knicks, Billy Elliot (the Broadway show) and Fordham University. In 2010, Andrea co-authored her first book: Nutrient Timing for Peak Performance (Human Kinetics, 2010).