

Collegiate & Professional Sports Dietitians Association



Position Statement: Recommended feeding protocol for all athletes

October 25, 2012: The Collegiate & Professional Sports Dietitians Association (CPSDA) is a national not-for-profit organization founded in 2009, comprised at its core of registered dietitians who specialize in sports nutrition on a full-time basis (“Sports RDs”). Sports RDs are employed primarily by major college athletic departments, professional sports teams, U.S. Olympic governing bodies and the U.S. military. The responsibilities of Sports RDs fall into four broad categories: 1) provide nutrition education to sports teams and one-on-one counseling to athletes; 2) customize nutrition protocol for teams and individual athletes on a prescribed time schedule to restore fuel status and speed recovery; 3) serve as lead food and supplement security advisors to protect athletes, athletic programs and educational institutions from adulterated foods, supplements or banned substances that may cause illness or death, and place player eligibility at risk; 4) empower athletes with nutrition knowledge and build habits that promote lifelong health and wellness.

On this 25th day of October, 2012, the CPSDA Board of Directors recommends a new standard feeding protocol for athletes at all levels of participation, as follows:

- **Fuel athletes throughout the day with healthy whole foods to ensure adequate energy availability, speed recovery, restore energy and repair muscle damage after exercise:** Athletes must have easy and open access to planned meals and recovery snacks throughout the day to replace nutrients, fluids, electrolytes and energy utilized during activity in order to replenish energy, facilitate recovery, repair muscle damage, mediate inflammation and stimulate immune function. Athletes in all phases of training require feedings of nutrient-rich whole foods in frequent intervals and, as necessary, safe dietary supplements to replace expended nutrients and electrolytes, enhance immune function and achieve optimal body composition. Smaller but more frequent feedings of nutritious whole foods throughout the day improve mental as well as physical performance, thereby contributing to academic and athletic performance. A Training Table—planned meals for athletes in a dining hall—is a learning lab where athletes receive ongoing education that underscores the measurable benefits of a healthy lifestyle, and where athletes experience proper nutrition as the best defense against banned performance-enhancing substances. College athletes, in particular—whether or not they receive financial aid to assist with tuition, housing and/or food—should be given equal access to whole foods throughout the day to ensure full restoration of nutrients, fluids and electrolytes expended in activity to speed recovery, stimulate immune function, reduce inflammation, and fully replace energy stores. CPSDA recommends and supports a simple rule that would allow institutions to feed all athletes within their respective budgets as institutional staff deems appropriate for the benefit of the health, well-being and performance of the athletes.

**Board of Directors
Collegiate & Professional Sports Dietitians Association**