

Top Ten Reasons

to Hire a Board Certified Specialist in Sports Dietetics (CSSD).

A CSSD can ...

1. optimize athlete/client recruitment and retention.
2. enhance athletic performance of athletes/clients.
3. speed the recovery of athletes/clients following training, competition, surgery, illness, or injury.
4. develop nutrition strategies to complement annual preparation, competition, and transition ("off-season") plans.
5. develop hydration schedules for athletes/clients.
6. assist athletes/clients in management of body weight and body composition.
7. teach athletes/clients about choosing, storing, and preparing food.
8. evaluate dietary supplements and sports foods for efficacy, safety, and quality.
9. provide nutrition counseling to athletes/clients who have medical conditions, including diabetes, cardiovascular risk factors, compromised bone health, abnormal iron status, food allergies, or gastrointestinal problems such as gluten sensitivity.
10. develop sports nutrition policies and procedures; develop and manage sports nutrition programs.



The Board Certification as a Specialist in Sports Dietetics (CSSD) credential is the premier professional sports nutrition credential in the United States. CSSDs are registered dietitians who provide safe, effective, evidence-based nutrition services for health, fitness, and athletic performance. The CSSD was developed by the Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association, the nation's largest organization of food and nutrition professionals. CDR is an organizational member of the National Organization for Competency Assurance.

The key to optimal meal planning for athletes is individualization. Contact a registered dietitian (sports dietitian or Board Certified Specialist in Sports Dietetics-CSSD) for personalized nutrition plans for athletes. Access "Find a SCAN Dietitian" at SCAN's website.

Sports, Cardiovascular, and Wellness Nutrition (SCAN)—www.scandpg.org

Demand Experience—Demand Excellence—Demand the Board Certified Specialist in Sports Dietetics (CSSD)

