



NUTRITIONAL HABITS

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HI! I'M **DIANE ROBISON**

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Dietitian

vs.

Nutritionist

Qualification

- Bachelor's Degree
- Completion of Dietetic Internship
 - Passed a National Exam
- Maintains on-going education credits

Qualification

- None Required
- Self-proclaimed title

Definition

- A qualified health professional who helps promote good health through proper nutritional habits.

Definition

- Someone who works with food and nutritional science, aiming to prevent diseases related to nutrient deficiencies.

Legal Title

- An expert on nutrition.
- Registered with the Commission of Dietetics Registration (CDR)
- Licensed to practice diet and nutritional consultation.

Legal Title

- Not legally accepted as an expert.



Food Allergy vs. Food Intolerance/Sensitivity



- A **food allergy** is an immune response to a food protein.
 - Triggered by IgE or non-IgE antibody
 - Experience symptoms every time after eating
 - IgE allergic response immediate; non-IgE response more delayed
 - Even a microscopic amount of food may be life threatening
- A **food intolerance or sensitivity** is a digestive reaction to a particular food.
 - More common than food allergies
 - May or may not experience symptoms right after eating food

Symptoms

Food Allergy *Immune System	Food Intolerance/Sensitivity *Digestive System
Hives or red, itchy skin	Lactose intolerance
Stuffy or itchy nose, sneezing or itchy, teary eyes	Intestinal Gas
Vomiting, stomach cramps, diarrhea	Diarrhea
Anaphylactic Shock (throat tightness, wheezing, trouble breathing, tingling in hands, feet, lips, or scalp)	Abdominal Pain

Nontraditional Proven Testing Methods

- **Digestive Food Analysis**

- Evaluates inflammatory markers, gut metabolism, flora levels, and overall gut health

- **Trial Elimination Diet**

- Avoid suspect food for 2-4 weeks while MD monitors symptoms

- **Oral Food Challenge**

- Fed tiny bits of suspected trigger food in increasing doses over period of 4-8 hours under strict medical supervision
- Most accurate way to diagnose, but also most time-consuming

Recommendation

**Talk with a Medical Doctor or Registered Dietitian
before starting a food elimination diet.**

Initial Nutrition Consultation

Nutrition & Training Goals:

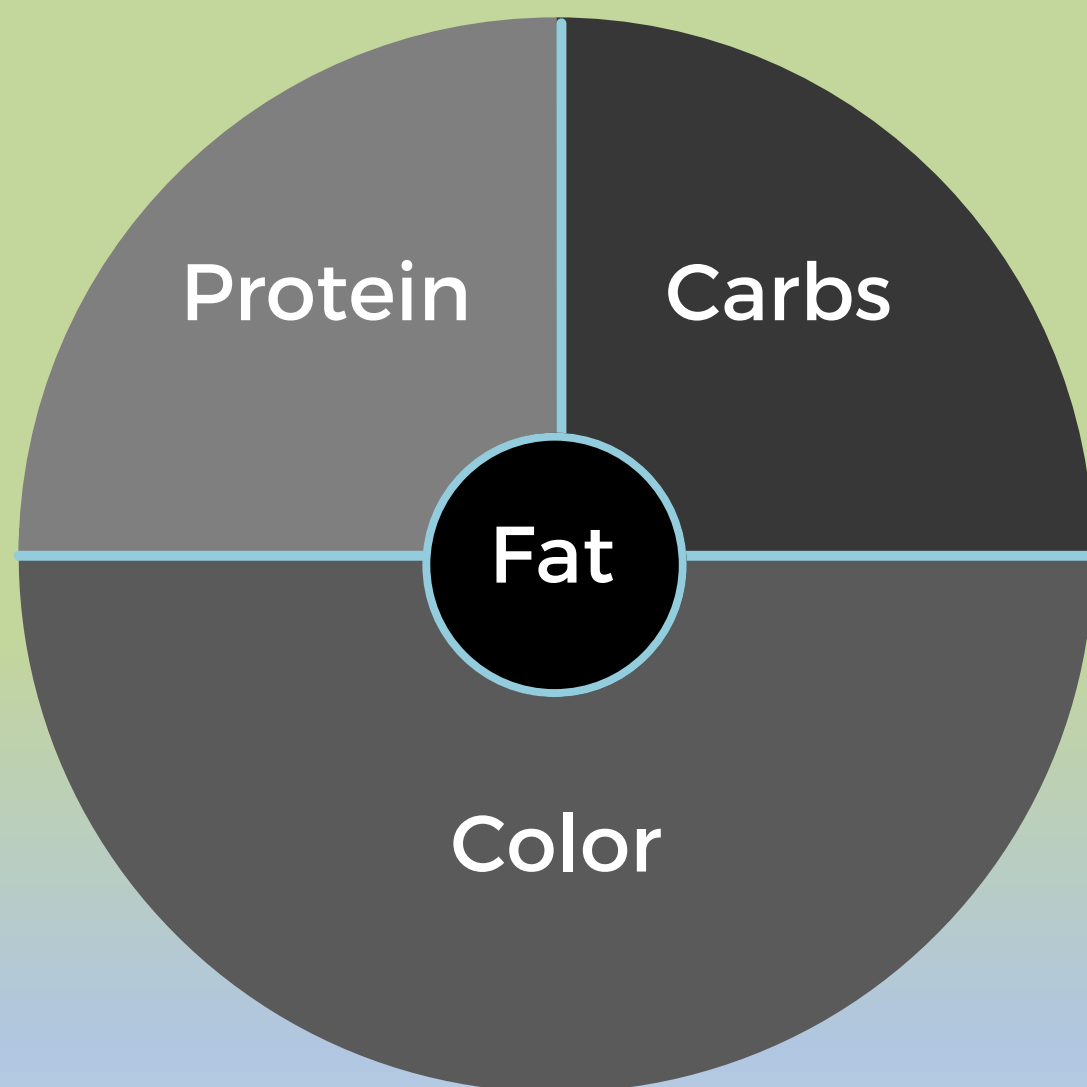
- 1. What is your nutrition focus related to your sport?** *(i.e., improve overall health, weight maintenance, family history, race preparation, etc.)*
- 2. What is your “goal weight”?**
- 3. Do you have a time frame in mind?** *(ex. Goal race, in-season)*
- 4. Have you tried any type of diet in the past? How long ago? Why did you fail before and what do you perceive as your biggest temptation or downfall?**

- Personal Injury History:
- Your Personal & Family Medical History (DM, low bone density, thyroid dz, etc.)
- Family Medical History
- Personal Diet History (allergies/intolerances; medications/supplements/24 hr. recall)
- Hydration
- Activity Level/Exercise
- Stress Level (work, sleep, etc.)

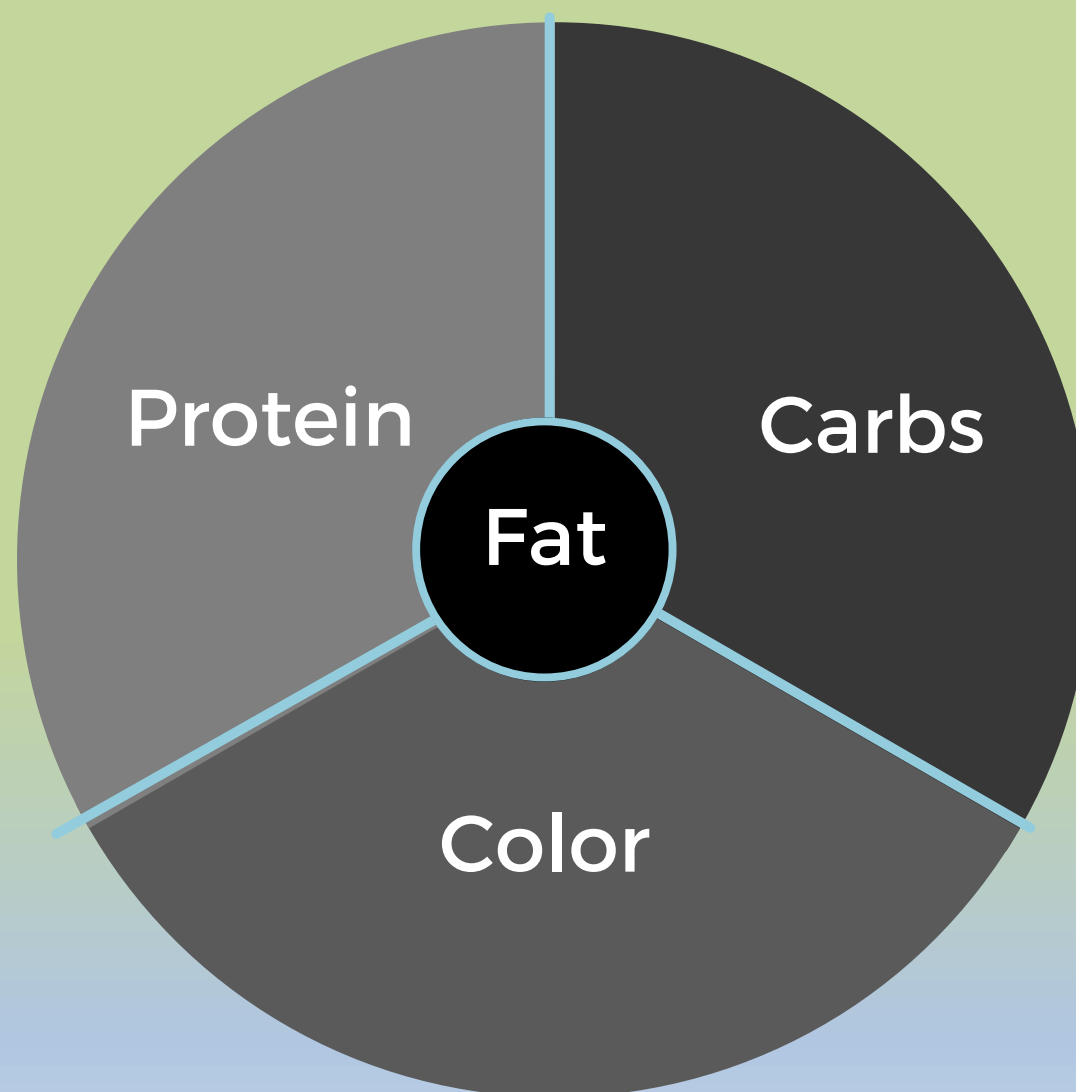


What is a Performance Plate?

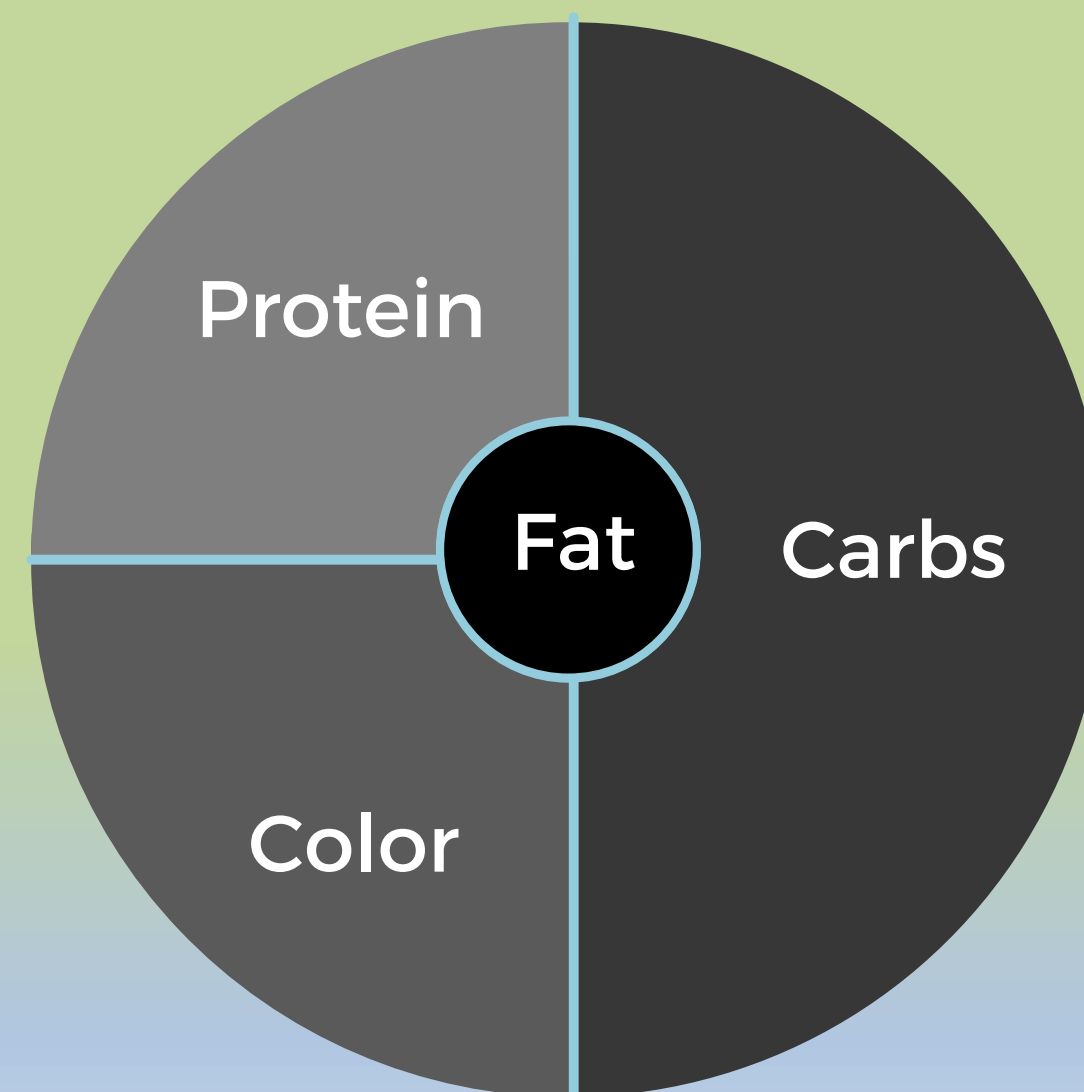
**Low Training/
Injury Plate**



Moderate Training Plate



Hard Training Plate





THINK ABOUT IT:

"Focus on the foods you want to add to your diet, not on the ones you want to eliminate. By filling your body with power foods, you will naturally crowd out less nourishing foods."

-Diane Robison



Healthy Frozen Meal Options

Top Breakfast & Lunch Options:

- 1) [Evol Foods](#)
- 2) [Good Food Made Simple](#)
- 3) [Evol Foods](#)
- 4) [Home | Sweet Earth Enlightened Foods](#)
- 5) [Kashi](#)
- 6) [Saffron Road](#)
- 7) [Lean Cuisine](#)
- 8) [Healthy Choice](#)
- 9) [LoveTheWild - Fish for Good](#)
- 10) [Hilary's | Allergen Free Foods | Eating Well Made Easy](#)
- 11) **Additional:**
 - Engine 2
 - Fit & Active
 - Alexia
 - Trader Joe's

Frozen “Sides”

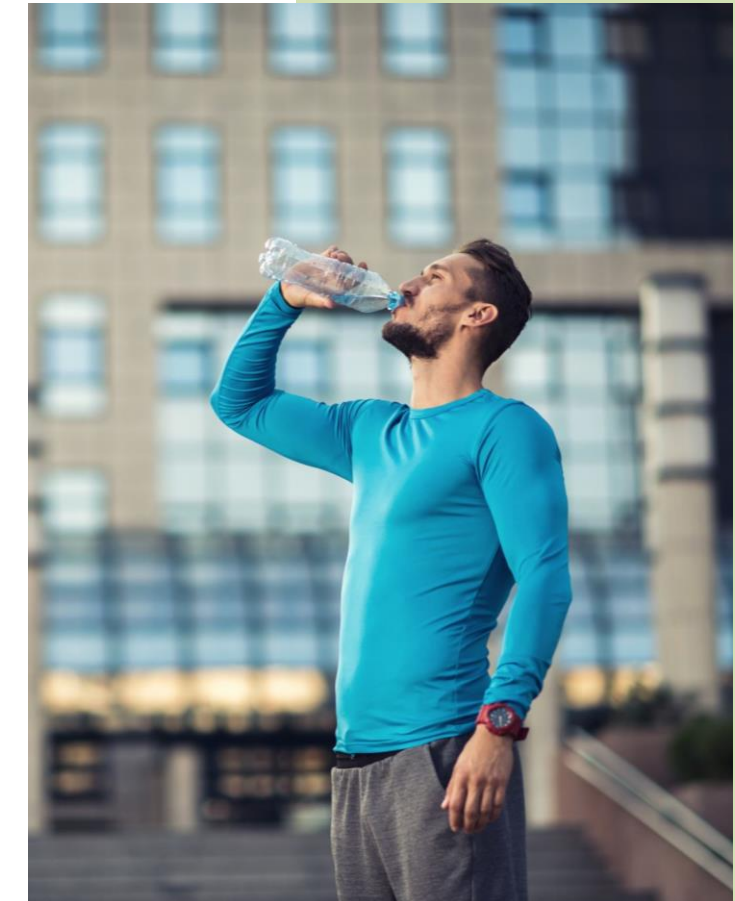
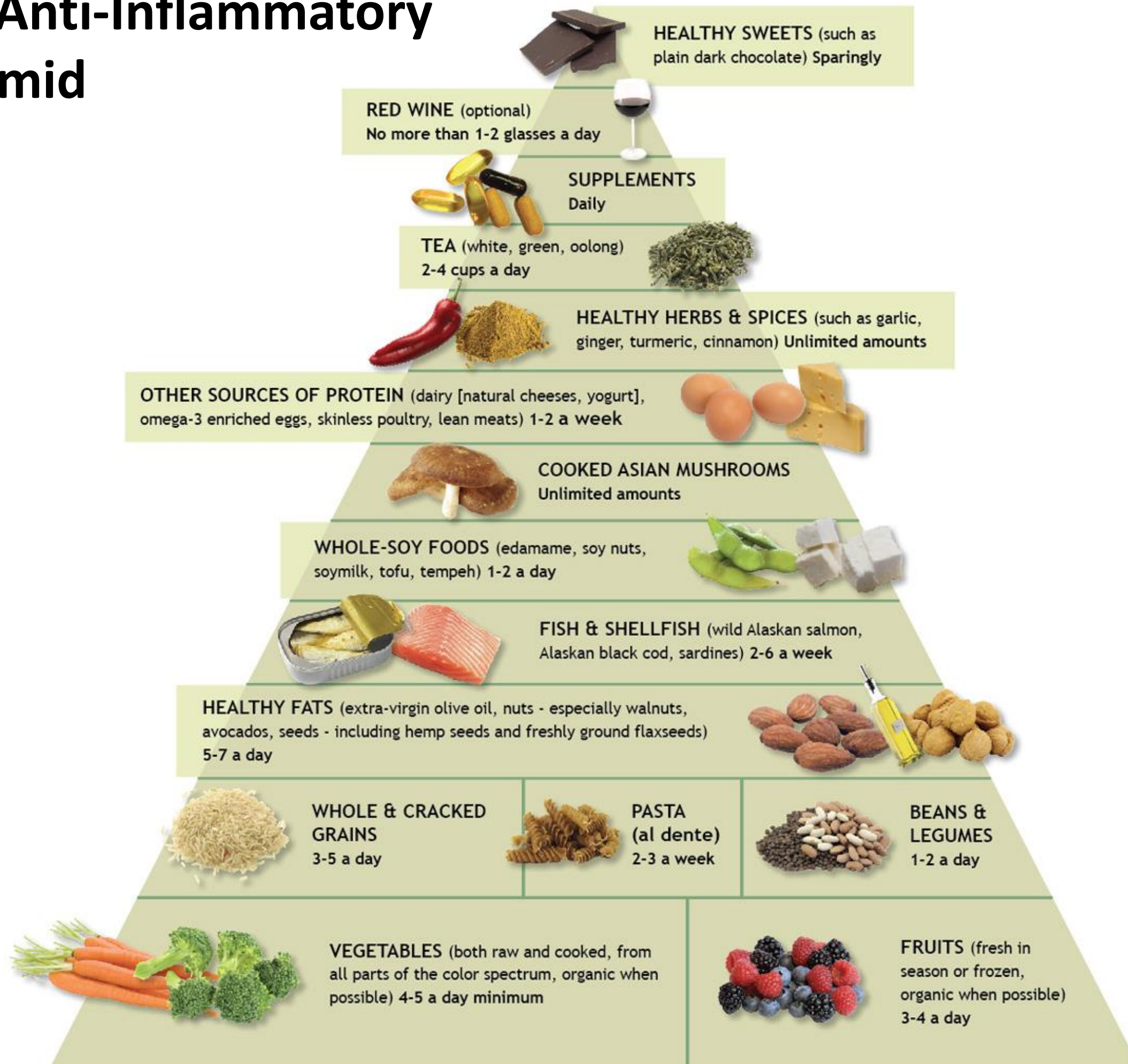
- Carbohydrates: Alexia Sweet Potatoes, Frozen Grains
- Protein: Grilled Chicken Strips, Simply Seasoned Tuna Burgers, Premium Salmon, Turkey, and Black Bean Burgers
- Fruit / Veggies: Riced Cauliflower, Veggie Spirals, Normandy Blend, Tropical Fruit / Berry Blend

A close-up photograph of a white bowl filled with a variety of fresh ingredients. At the top left are slices of avocado. Below them are rings of red onion and halved cherry tomatoes. In the center is a pile of white rice topped with green herbs. To the right of the rice are yellow corn kernels and black beans. The bowl is presented on a light-colored surface.

Eating Out Tips

- Always remember mindful eating
 - Make your plate colorful
 - Don't be afraid to try new foods
- Take advantage of BYO options
- Look for keywords such as grilled, baked, broiled, steamed, sauteed
- Make the most of your sides
- Stick to water, 100% juice, milk, milk alternatives, or unsweetened tea/coffee
- Make your plate colorful
- Don't be afraid to try something new!

Dr. Weil's Anti-Inflammatory Food Pyramid



Don't Forget to Hydrate!!!

Dietitian Resources



Mini Sessions

Coffee with Coaches
Athlete Session



Team Talks



Campus Events & Social Media

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Individual Appointments