

Your First Session With a Sports Dietitian

A first visit is a conversation - not a test. The goal is to understand you as an athlete and build a realistic nutrition plan that supports performance, recovery, health, and everyday life.

What to expect: Your dietitian will ask questions, listen to your goals, review your current routine, and help identify a few practical next steps. You do not need to eat “perfectly” before your appointment.

We May Talk About

- Your sport, position/event, training schedule, and season
- Your performance, recovery, energy, and strength goals
- What you typically eat and drink on school, practice, and game days
- Meal timing, snacks, hydration, and fueling around workouts
- Sleep, stress, school demands, travel, and busy schedules
- Supplements, energy drinks, or sports products you use

Health & Nutrition History

Your dietitian may also ask about appetite, digestion, injuries, food allergies, medications, menstrual health when relevant, weight history, and any past or current concerns about food or body image.

These questions help make recommendations safer and more personalized. You can always ask why something is being discussed.

What You Do *Not* Need to Do Before the Visit

- You do not need to change your diet before the appointment.
- You do not need to track every calorie or macro unless your dietitian specifically asks you to.
- You do not need to know the “right” answers. Honest information is more helpful than trying to sound healthy.
- You do not need to be at a certain weight, fitness level, or performance level to benefit from nutrition support.

Helpful Things to Bring

- Your practice, lifting, class, and competition schedule
- A list of medications or supplements, if applicable
- Recent lab work or medical information if your healthcare team has asked you to share it
- Questions about fueling, hydration, recovery, performance, digestion, or eating on a busy schedule

What Happens at the End?

Most first sessions end with a few personalized priorities rather than a long list of rules. You may leave with ideas for meals or snacks, hydration goals, practice or game-day fueling strategies, or another specific change to try before your next visit.

Remember: Sports nutrition should help you feel more prepared, fueled, and confident - not more stressed about food. Your dietitian is there to work with you and your schedule, preferences, culture, budget, and goals.