

## Sports Nutrition Helpful Resources

Hopefully the information provided on our site has helped support you in the provision of food and fluid for your child. If you would like to know more please check out some of the links below:

### Sports Nutrition Research

- Desbrow, B. et al. (2014). Sports dietitians Australia position statement: sports nutrition for the adolescent athlete. *International Journal of Sport Nutrition and Exercise Metabolism* 24, 570-584.
- American Dietetic Association, Dietitians of Canada; American College of Sports Medicine, Thomas D.T. et al. (2015), American College of Sports Medicine position stand. Nutrition and athletic performance. *Medicine and Science in Sports and Exercise*, 48, 543-568.
- Bergeron M.F. et al. (2015) International Olympic Committee consensus statement on youth athletic development. *British Journal of Sports Medicine*, 49, 843-851.

### Sports Nutrition Practical Information

- Nutrition for Athletes: International Olympic Committee (IOC) ([link](#))
- Nutrition Guide: US Anti-doping agency ([link](#))
- Nutrition for Football: FIFA ([link](#))
- Practical guide to nutrition: International Association of Athletics Federations (IAAF) ([link](#))
- Sports Nutrition: Australian Institute of Sport ([link](#))

### Anti-Doping

- World Anti-Doping Agency (WADA) ([link](#))
  - Prohibited List ([link](#))
- National Anti-Doping Organisations (NADO's) ([link](#))

### Supplements

- The BASES Expert Statement on Inadvertent Doping in Sport ([link](#))
- Risk Minimisation Strategies
  - [Supplement 411](#)
  - [Informed Choice](#) / [Informed Sport](#)
  - [Cologne List](#)
  - [NZVT](#)
  - [NSF](#)
  - [BSCG](#)

### Medication

- Medication check
  - [Global DRO](#)
  - [MedApp](#)