



NUTRITIONAL GUIDANCE & HEALTH CARE

UF Sports Nutritionists teach Gator student-athletes how to shop and prepare the best foods to meet their individual needs.



NUTRITION SERVICES OFFERED TO GATOR ATHLETES

FEED:

- Sports Dietitian-designed Training Table meals
- The Training Table is a dining facility open exclusively to athletes
- Guidance regarding pre-competition meals and travel meals

COUNSEL:

One-on-one nutritional counseling

- Performance nutrition
- Weight loss/weight gain
- Health issues
- Injury rehabilitation
- Individually designed meal plans
- Hydration monitoring
- Nutrition supplements to improve health and performance
- Nutritional counseling for athletes completing athletic eligibility

Body composition analysis

- Evaluation of health and performance markers throughout the year via Bod Pod analysis

EDUCATE:

- Team nutrition education
- Athlete-specific workshops
- Interactive sessions (cooking classes, grocery store tours)
- Bulletin boards, newsletters, stall stories
- Evaluation and distribution of NCAA permissible nutritional supplements
- Safety, legal and efficacy considerations



A TYPICAL MENU AT THE TRAINING TABLE

Meals at the Training Table are designed with the competitive athlete's health and performance in mind. A typical dinner includes:

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|------------------------------------|--------------------|----------------------------|
| Salad Bar | Fresh Fruit Bar | 11 oz Sirloin Steak |
| Roasted Chicken Quarters | Crab Legs | Baked Lasagna |
| Baked Potato Bar | Brown Rice | Turnip Greens |
| Steamed Broccoli w/ Cheese on Side | Corn Bread Squares | Wheat & Pumpernickel Rolls |
| Soft-Serve Yogurt Bar | Smoothies | |



HEALTH CARE

The University of Florida employs one of the finest sports medicine staffs in the nation. The athletic training staff has the resources available to care for Gator student-athletes with the most up-to-date treatment techniques to both prevent and rehabilitate injuries, providing round-the-clock attention to health needs.



Connie Andrews
Athletic Trainer



Dr. Jocelyn Gravlee
Team Physician



Dr. Ann Grooms
Team Physician



Anna Grout
Nutritionist



Brooke Lucas
Massage Therapist



Dr. Mike Moser
Orthopedic Surgeon



Tiffani Ray
Massage Therapist



Stephanie Wordes
Athletic Training Student

