

NAME: Fiona Lithander, BSc (Hons), MNutrDiet, PhD
Registered Nutritionist (RNutr), UK
Accredited Practicing Dietitian (APD), Dietitians Association of Australia

QUALIFICATIONS:

PhD Nutrition Physiology, University of Cambridge, UK
Masters Nutrition and Dietetics, University of Wollongong, Australia
BSs (Hons) Human Nutrition, University of Ulster, Northern Ireland

WHEN DID YOU START AT TEAM BATH? February 2016

Team Bath responsibilities

- To provide evidence-based nutrition advice on the appropriate amount, type and timing of intake of food and fluid for all athletes, sports teams and private individuals
- Specific specialist areas include training nutrition, preparation for competition including competition day fluid and food, recovery nutrition, hydration, body size and shape, dietary supplements
- As a qualified Dietitian, Fiona can also advise athletes with diabetes, coeliac, food intolerance and allergies etc.

Previous work:

Fiona has 15 years' experience working as a nutrition researcher and lecturer in Universities, as well as a sports nutritionist for athletes from a range of sports including triathlon, running, multi-sport, football, and water polo. Her BSc, MSc and PhD all in nutrition mean that she has an excellent understanding of the impact of nutrients on optimal health and performance across training and competitive sport, and can translate the latest nutrition research into meaningful advice and recommendations for athletes.

Fiona's PhD was in the area of fuel metabolism, that is, how the body utilises the fuels carbohydrate, protein and fat in different conditions. Fiona uses this expertise to help athletes to understand the importance of appropriate fuelling for optimal sporting performance.

Previous Clubs

Triathlon, Athletics, Multi-sport, Football and Water Polo Clubs in Ireland and Australia.

In 2014, Fiona spent some time at the world class Australian Institute of Sport in the Department of Sports Nutrition, which has some of the most highly regarded sports nutritionists on the global stage.