FINA debates Aquatics nutrition in London

FINA gathered the best worldwide experts in sport nutrition for a three-day meeting in London (GBR), where a FINA Consensus Statement on Nutrition in the Aquatic Sports was established. With the active support of Yakult, FINA Official Partner, 23 of the most well-known specialists in this area discussed from December 13-15, 2013 in the British capital the challenges and strategies concerning the nutritional aspects of the FINA athletes in the five disciplines – Swimming, Diving, Water Polo, Synchronised Swimming and Open Water Swimming.

In a roundtable-format, this meeting ended up in the establishment of a Consensus Statement that will constitute the reference for all future research in nutrition aspects applied to Aquatics.

Co-ordinated by the members of the FINA Sports Medicine Committee, the recommendations issued from this group will now be disseminated to all FINA National Member Federations and to their coaching and medical staff.

The added-value of this meeting is that besides the general guidelines, specific related topics for each of the FINA disciplines were also analysed.
“Education of coaches, parents, team supporting personnel and athletes is a crucial step in improving nutrition practices. Athletes should also be aware of the need for long-term dietary planning to ensure lifelong health and wellbeing and should recognise the pleasures that good food choices can bring” concluded the group of experts at this FINA/YAKULT Nutrition Consensus Meeting in Aquatic Sports.

Among many of the items on the agenda, and always focused on the nutrition challenges, the participants in the meeting debated on training adaptation, recovery, supplements, eating disorders, injury and illness.