

TS5 - Exercise and sports supplements – the good, the bad and the ugly



Next Generation Nutrition:
Innovative Solutions

Presenter:

Alan McCubbin

Alan is a sports dietitian, consulting to Coburg Tigers Football Club, Melbourne Triathlon Club, Tour de Cure charity cycling team and in private practice. He is a board member of Sports Dietitians Australia and also works in diabetes care and community health.

Greg Shaw

Greg is a sports dietitian at the Australian Institute of Sport in Canberra where he provides nutrition services to the Swimming, Mens Volleyball, and Winter Sports programs. He also contributes to the delivery of the Foodservice program, including the management of the department's Recovery Bar systems and education programs. Prior to this he has worked as the consultant dietitian to Brisbane Lions Football Club, QLD Reds Rugby Union, the QLD Swimming Team and various sports at the QLD Academy of Sport. Greg is a board member of Sports Dietitians Australia, on the Education Portfolio.

Karina Savage

Karina is a sports dietitian in Adelaide, working in private practice, and is also a consultant to the West Adelaide Football Club. She is a board member of Sports Dietitians Australia, on the Education Portfolio. She also has 7 years clinical experience as Senior Dietitian at the Women's and Children's Hospital in Adelaide, with key specialty in gastroenterol