

Role Play Fluid Balance Nutrition Care Plan For A Client

Jane is new to competing in cross-country skiing. She has consulted a registered dietitian who specializes in sports nutrition to learn how to best meet her fluid needs during competitions. A typical competition for Jane will last two hours. What specific advice can you provide Jane with, in the form of a nutrition care plan, for meeting her fluid needs during competitions?

- Weigh before & after practice & drink a pint for each pound lost.
- Hydrate before
- Coconut water, sports drinks
- Hydrate all day
- Drink the gallon - keep exact measure