

## 4th SPORTS NUTRITION CONFERENCE

**Based on results of the Dutch Sports nutrition and Supplement Study** 

**▶** WHAT DO ATHLETES DO?

**MONDAY JULY 4TH 2016** 

REGISTER HERE!

14:00 - 18:30

SENECA, Expertise Centre of Sports, Work and Health Kapittelweg 33 in Nijmegen

presented by

**EAT2MOVE** 

HAN Sport en Bewegen



On behalf of HAN University of Applied Sciences, the Sports & Exercise Nutrition team is organizing the 4th Sports Nutrition Conference. The conference will be held on the 4th of July at SENECA, the Centre of Expertise for Sports, Work and Health, in Nijmegen.

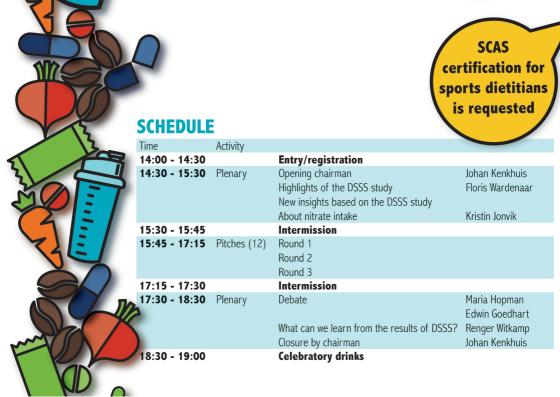
The conference aims to bridge the gap between science and sports practice. This year the content is partly based on the final results of the Dutch Sports Nutrition and Supplement Study performed by Floris Wardenaar and colleagues, which focuses on the dietary intake and nutritional supplement intake of highly-trained Dutch athletes. The purpose is to reach consensus of what needs to be improved in the diet of elite athletes.

Keynote speakers at the conference will be Prof. **Renger Witkamp** (Wageningen University), Prof. **Maria Hopman** (Radboud University), **Edwin Goedhart** (KNVB - Dutch National Football Bond'), **Kristin Jonvik** (HAN University of Applied Sciences) and **Floris Wardenaar** MSc. (HAN University of Applied Sciences) and finally, as chair of the day, former Olympic athlete **Johan Kenkhuis** (Yellow Lane).

In addition, 12 pitches will be held, divided into 3 separate rounds, where the focus lies on several food-related topics. The conference will be especially interesting for dieticians, scientists, students, trainers/coaches and other professionals in the field of sports and nutrition.

And completely in line with the subject matter of this year's conference, visitors can enjoy tasty "sport-tapas".

Registration fee: €60,-Students get a 50% discount





PITCHES				
		Pitcher	Institute	Topic
	1	Erik Duiven	Dopingautoriteit	The use of harmful dietary supplements by Dutch at
	2	Rieneke Terink	WUR/Eat2Move	(How) Should we assess Magnesium status in athlet
	3	Anne-Marijke Ambergen	NOC*NSF	Practical sports nutrition on the Road to Rio: experied Team Nutrition NOC*NSF
	4	Jorn Trommelen	Maastricht University, on behalf of Kenniscentrum Suiker	Carbohydrate ingestion during prolonged endurance exercise
	5	Kristin Jonvik	HAN University of Applied Sciences	Nitrate intake of Dutch well-trained athletes as part
	6	Jan-Willem van Dijk	HAN University of Applied Sciences	Dietary intake of professional soccer players: the Pr study
	7	Daniëlle Dull	EyeQuestion Software, on behalf of Sportsgrain	Glycaemic index as tool for comparing sport nutrition products: value of the Sportsgrain bar
	8	Joost van den Borne	FrieslandCampina	Protein intake and mealtime distribution of well-train athletes as part of DSSS
	9	Nancy van der Burg	HAN University of Applied Sciences	Ontwerp en validatie van een voedselconsumptievra voor registratie van voedingsinname van sporters ti inspanning: FFEQ (in Dutch)
	10	Mariëlle de Rijk	WUR	Is the Eatscore a suitable instrument to screen the nutritional quality of athletes?
	11	Shiannah Danen	HAN University of Applied Sciences	Micronutrient intake of elite gymnasts: prevalence o

12 Floris HAN University of Applied Sciences, Wardenaar on behalf of NutriSense

powered by



ry supplements by Dutch athletes Magnesium status in athletes? on the Road to Rio: experiences of

during prolonged endurance

vell-trained athletes as part of DSSS sional soccer players: the ProSoccer

or comparing sport nutrition oortsgrain bar ime distribution of well-trained

een voedselconsumptievragenlijst dingsinname van sporters tijdens tch)

etes? Micronutrient intake of elite gymnasts: prevalence of low

and high intakes Sports nutrition product use during an ultramarathon

Institute

for dairy nutrition and health