

Short Biography

BIOGRAPHY

Name & Institute

Ria Vanderstraeten

Sports Nutrition Consultancy (Belgium)

Biography

Ria Vanderstraeten started her career as sports dietitian by helping the Belgian Everest team with nutritional support. She was the team dietitian when Greg Lemond won Tour de France and WC cycling in the same year. Attending many international conferences related to sports and nutrition, gave her a wide scientific based scope. She was many years pioneering in diabetes and sports.

As member of the Dutch Nutrition team of NOC*NSF she assisted in the development of the nutrition education policy of the athletes' program.

She was working on the different aspects of the prevention of eating disorders in judo.

Nowadays she focuses on education, injury prevention and providing healthy food options in sports clubs.