



California Dietetic Association/Los Angeles District Presents:

# "Food for Fuel"

Updates in Sports Nutrition:  
The latest research and recommendations for optimal performance

**Date:** July 10, 2008 – 5:30pm to 8:00pm

**Location:** VA Greater Los Angeles, Multipurpose Room (1281)

11301 Wilshire Boulevard, Los Angeles, CA 90073

**Website:** <http://www.gla.med.va.gov/maps/mapWLAdetail.htm>

*From North of Facility:*

405 freeway South, off at Wilshire Blvd.-West exit.  
Turn right off freeway, keep to right

Go down the ramp to VA facilities

Turn left on Bonsall, go under Wilshire Blvd. Turn left at street in front of hospital

Turn left into visitor parking lot (No. of Building 500)

*From South of Facility:*

405 Freeway North, off at Wilshire Blvd.-West exit (NOT Westwood exit).

Turn right onto Wilshire and stay to your right.

Pass Sepulveda Blvd and 405 freeway entrance.

Take the immediate next right, down ramp to VA Facilities.

Turn left on Bonsall, go under Wilshire Blvd.

Turn left at street in front of hospital

Turn left into visitor parking lot (North of Building 500)

**Event:**

- 5:30 PM Registration & Light Dinner
- 6:00 PM Welcome & Introductions
- 6:05 PM Updates and recommendations in sports nutrition: Kristy L. Richardson, MS, MPH, RD, CSSD, CHES

**Objectives:**

- 1) Identify appropriate foods and optimal timing before, during and after exercise
- 2) Calculate specific nutrient needs for optimal performance and recovery
- 3) Evaluate hydration status and calculate sweat rate
- 4) Critically evaluate the nutrient composition of sports drinks and bars

**Speaker:** Kristy L. Richardson, MS, MPH, RD, CSSD, CHES is currently a private practice dietitian and an adjunct faculty member at Santa Ana College.

2.0 CPE Level 2 Requested

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**REGISTRATION FORM: July 10, 2008- Food for Fuel: Updates in Sports Nutrition**

**Early Registration Deadline:** July 7, 2008 confirmed by post-marked mail

**Early Registration Fee:** LAD Members \$20, Student Members \$10, Non-Members \$30

**At the Door Fee:** LAD Members \$30, Student Members \$20, Non-Members \$40

Name \_\_\_\_\_ Email: \_\_\_\_\_

Contact Phone \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_ LAD Member? Yes No

**Please send this completed form and a check payable to CDA/LAD to:**

**Jacqui Saracino, RD at 2617 Gemstone Ave, Palmdale, CA 93551-1569**

*For questions and/or comments, please contact: Cindy Young: [cindymyoung@yahoo.com](mailto:cindymyoung@yahoo.com)*