Whoisome Nutrition... includes a balance of whole grains, lean proteins, fresh fruits and fresh vegetables at every meal. Moderation and variety are key to ensure peak performance both on and off of the field.

Media Spots:

“Sound nutritional practices set the stage for improved performances (in the classroom and on the field), fewer injuries and illnesses and quicker recoveries.”

- Sports Medicine & Nutrition, November 2013

“...Emphasize that good nutrition, along with sleep and exercise, will not only benefit you as a student athlete, but those habits will benefit you for a lifetime.”


“Heavy focus in nutrition as part of its athletic program, something that appears to be a new trend in high schools.”


Did you know? Whitsons’ school meals offer whole grains, lean proteins, fresh fruits and fresh vegetables daily to meet the nutrition needs of student athletes.

Contact Us
Whitsons Culinary Group
1800 Motor Parkway
Islandia, NY 11749
T: 631.424.2700
E: nutrition@whitsons.com

“Enhancing Life One Meal at a Time.”
Who We Are
Registered Dietitians (RDs) or Registered Dietitian Nutritionists (RDNs) are food and nutrition experts who have met the rigid criteria and earned the RD credentials through the Commission on Dietetic Registration.

Registered dietitians embrace a vast knowledge of various nutrition topics allowing them to work in a wide variety of employment settings, including health care, business and industry, community/public health, education, research, government agencies and private practice.

What We Do
As Whitsons RDs, we are focused on:
- Consulting with chefs and FSDs in schools to meet USDA, state and local guidelines
- Educating clients about the connection between food, fitness and health
- Training and advising our Company to help improve employees’ quality of life

What We Offer
Wellness has become a major factor in lifestyle changes related to health, fitness and nutrition. Since increasingly more meals are being consumed away from home, we as nutrition professionals strive to provide a well orchestrated nutrition program. We can provide sports nutrition workshops* and seminars**.

- Nutrition for Athletes
- Vitamins & Minerals Specific to Sports Performance
- Ergogenic Aids for Sports Performance
- Importance of Hydration
- Pre and Post Exercise Nutrition
- Wellness Workshops for Collegiate and Professional Sports Teams and Coaches

We can also accommodate requests for customized nutrition presentations*. Presentations can be geared towards students, faculty members, or parents. Some topics include:

- The Facts Behind Fat & Sugar
- Food Allergies and Sensitivities
- MyPlate Guidelines
- Nutrition Management for Celiac Disease
- Nutrition Management for Diabetes
- Smart Snacks in Schools
- Stress Management

*Fees may vary depending on seminars, workshops and/or presentations chosen

Benefits to Athletes
Nutrition has been dubbed “the best performance enhancer for athletes” because of the various benefits athletes experience by improving their nutrition habits. Detailed benefits of nutrition for the athlete are outlined below.

NUTRITION
The Best Performance Enhancer for Athletes
Many student athletes don’t realize that nutrition is as important to athletic performance as attending practice. Students can benefit from better nutrition in the following ways:

- Enhanced performance
- Fewer muscle cramps
- Less muscle fatigue
- Decreased risk of injury
- Faster muscle recovery

We focus on how sound nutrition habits, along with proper exercise and adequate sleep, not only benefits you as an athlete, but also benefits you in the long run.
WHITSONS SCHOOL NUTRITION

Wellness and Nutrition Education Programs

Wellness has become a major factor in lifestyle changes related to health, fitness and nutrition. Since increasingly more meals are being consumed away from home, Registered Dietitians (RDs) are striving to provide well orchestrated nutrition programs and services to schools.

As Whitsons RDs, we can:

- Provide nutrition and wellness related workshops, seminars and presentations
- Work to promote school wellness policies
- In-service staff on federal and state school nutrition regulations and updates
- Provide assistance in the writing of health and wellness grant proposals

Visit our company website to learn more about how your organization can benefit from our nutrition services.

Did You Know? All registered dietitians are nutritionists, but not all nutritionists are registered dietitians. Registered Dietitians are food and nutrition experts who have met the rigid criteria and earned the RD credentials through the Commission on Dietetic Registration. RDs embrace a vast knowledge and specific skill set of various nutrition topics.

“It’s about lifelong health so that our students can lead a healthy lifestyle they carry beyond their classes”