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| **ESDN Sport and Physical Activity meeting** |
| Meeting date: 18/12/2023  Start time:18:00 - End time:19:30 CET - online via TEAMS |

Attendees

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| Ria Vanderstraeten | RV | ESDN SPA committee member |
| Stella Mirić | SM | ESDN SPA committee member |
| Anneke Palsma | AP | ESDN SPA committee member |
| Camelia Stefanescu | CS | ESDN SPA committee member |
| Raul Lopez-Grueso | RLG | ESDN SPA committee member |

Apologues

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| Katarzyna Janiszewska | KJ | ESDN SPA committee member |
| Serge Pieters | SeP | ESDN SPA committee member |
| Sousana Papadopoulou | SoP | ESDN SPA committee member |
| Karen Reid | KR | ESDN SPA candidate |

Agenda

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| 1. | Welcome and apologies | RV |
| 2. | Evaluation ESDN SPA session EFAD Conference 2023 | RV, AP, CS |
| 3. | ESDN SPA Workplan 2023 | RV |
| 4. | VARIA and next meeting date | RV |

Supporting Documents

* Ppt’s lectures ESDN SPA session at EFAD conference.
* Draft infographic doping
* Draft fact sheet software evaluation

Minutes

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| 2. | EFAD Conference 2023  AP presented the draft version of her ppt on our next meeting.  Earlier RV organized a briefing meeting with AP Éva Kőrösy (Hungary - Doping policy) and AP gave theirs lectures followed by Q&A since the Polis speaker (athletes environment) Promorski (found by Kasia) didn’t show up.  RV chaired also the sponsored BENEO workshop after the break with 2 presentations about probiotics and fiber in relation to weight management in sports. 85 people did attend the workshop.  We would like a bit further on this topic; especially figuring out which trademarks use isomaltulose in theirs products. Ria did find High 5 Energy gel, Energy drink & Isotonic drink and isomaltulose powder, Sport Fruit and Nuts & seeds bar (Nutr!Break), Neapharma Pro Sport Fruit. Who knows other trademarks? | RV, AP, CS |
| 3. | ESDN SPA workplan 2023  As decided in the previous meeting, the EFAD position paper about the role of the sports dietitian needs to become translation in different languages to make sure people use it.  We still await the Polish (KJ) and Greek documents (SP).  Energy calculating software available on the market:   * Jumbo (Dutch) won’t share the software * Alpecin didn’t respond anymore (uses Foodmaker) * Nutritics (Irish) is done (Team Nutrition NOC\*NSF uses this) * SenPro (UK) is done   Every ESDN SPA member who uses other software will start developing a draft factsheet which we will discuss next meeting.  Next meeting we will compare the results.  It should be interesting to compare different energy requirement formulas to learn which fits best to calculate the energy needs for athletes with weight cycling problems or reduced RMR. Who will provide them to us? | RV, SM, AP, KJ, RLG, SP, CS |
| 4. | Other matters  AP showed the first draft *infographic about food and doping she has developed*. Up to the other members to give comments.  If the EFAD board agrees we will develop a *position statement about sport dietitians against doping.*  Upcoming sports nutrition webinars: [Performance Nutrition Webinars – Professionals in Nutrition for Exercise and Sport (pinesnutrition.org)](https://pinesnutrition.org/sports-nutrition-webinar-series/)  If you know other colleagues willing to become part of our ESDN and living in EU countries who have so are not a representative, ask them to send in their candidacy.  A new Italian colleagues, Monica Guglielmetti, will join us soon.  The next meetings will be organized on   * 25/3/2024 at 16:00-18:00 CEST, * 4/6/2024 at 16:00-18:00 CEST, * 25/9/2024 at 16:00-18:00 CEST, * 12/12/2024 at 16:00-18:00 CEST.   If needed we plan more meetings or change the meeting time. | RV, CS, AP, KJ |