



Sports Medicine Dietitian

INTRODUCING

Amanda Turner, MS, RDN, CSSD, Sports Dietitian

Amanda is a Certified Specialist in Sports Dietetics and Registered Dietitian. She attended the University of Kansas Medical Center to complete her dietetic internship and Master of Science in dietetics and nutrition. Amanda has worked with well-known names such as The Biggest Loser® Resort at Fitness Ridge; Dixie State University™; Curves™ International; the University of Colorado Anschutz Health and Wellness Center™; and Active Fueling LLC.

Sports dietitians help athletes ensure they are getting the right amount of total energy, protein, carbohydrate, fat, fluid and micronutrients to be healthy, reduce injury risk, and play their best. Athletes may see a sports dietitian for stress fracture, anemia, low bone mineral density, weight gain/loss, inappropriate growth patterns, inadequate food intake, amenorrhea (loss of menstrual cycle), inappropriate injury healing, or performance-based nutrition.

Locations for clinic:

Health Pavilion
Monday and Tuesday afternoons

South Campus
Thursdays (1st, 3rd and 5th weeks)

North Campus
Thursdays (2nd and 4th weeks)

To schedule call: 720-777-3101

Questions email:

SportsNutrition@childrenscolorado.org