



**The Good Clean Nutrition Podcast  
Episode 6 Show Notes**

**Nutrition for Optimal Athletic Performance: RD Secrets Revealed with Scott Sehnert, MS, RD, CSCS, CSSD**

Welcome to today's episode of *The Good Clean Nutrition Podcast*, hosted by integrative dietitian and nutrition educator Mary Purdy, MS, RDN. Today's guest is Scott Sehnert, MS, RD, CSCS, CSSD, an expert on the dynamic between athletics and nutrition. Scott is a registered dietitian, board-certified specialist in sports dietetics and certified strength and conditioning specialist with the National Strength and Conditioning Association, and a founding member of the Orgain Nutritional Advisory Board. Prior to holding his current position as the Director of Sports Performance for the Dallas Cowboys, Scott attained degrees in nutrition and kinesiology, served as a board member for the Collegiate & Professional Sports Dietitians Association, and was the sports dietitian at Auburn University, where he oversaw the nutrition needs of the athletes of 21 varsity sports.

To kick off the conversation, Scott shares how he developed an interest in sports nutrition and what a typical day at work is like. With the Cowboys at training camp at the time of the interview, Scott shares his days are very foodservice focused – but his work as a sports dietitian is about so much more than food. From the science of sweat, to study of exercise physiology and its connection to metabolic function, Scott's work allows him to explore other areas beside food. Further, it is not limited to one-size-fits all solutions. Scott's work a variety of different athletes at Auburn University highlights how different nutrition recommendations are appropriate for different athletes, and depends on factors like an athlete's weight and what sport they participate in.

Getting into more detail about nutrition, Scott shares about the dietary recommendations he makes for his football players on game days and before, during, and after training. While many athletes may fear carbs, Scott explains how carbohydrates are the main focus in the diets he suggests, and that low energy and trouble building endurance can indicate a carbohydrate deficiency. Scott and Mary also discuss consuming collagen and vitamin C before training for tendon and ligament health. Scott also provides guidance for determining if fluid intake is adequate.

Next, they turn their attention to changing approaches to nutrition, first focusing on plant-based diets. Scott comments on plant-based protein powders, options such as tofu and beans, and even sports chews, explaining benefits and downsides to relying on these for protein. Over the past decade, Scott has also noticed an increased interest in overall health, which has shaped athletes' thinking about nutrition. At the same time, he feels the need to push for a change in the way food is sometimes viewed as a mere means to an end, instead of something that can be enjoyed. As the episode comes to an end, Scott offers actionable tips for non-elite athletes, and provides final thoughts on the need for sleep, hydration, and a balanced intake of food.



**Links:**

Connect with Scott Sehnert, MS, RD, CSCS, CSSD on [LinkedIn](#).

Check out the research Scott referenced about collagen published in *The American Journal of Clinical Nutrition* [here](#) and listen to the podcast episode featuring Dr. Keith Baar of UC Davis [here](#).

Connect with host, integrative dietitian and nutrition educator, Mary Purdy, MS, RDN, on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

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