

ATTENTION: SPARTAN ATHLETES!

Did you know that you have FREE access to a sports dietitian ON CAMPUS?

Meet your dietitian! Meredith Sorensen, MS, RD, LD



- This is Meredith's second year at Stratford.
- She ran Division 1 Cross Country & Track at the University of Houston and was a 4-year captain.
- She has worked with high school athletes, collegiate athletes at HBU, & professional athletes playing for the Houston Dash & Dynamo soccer teams.

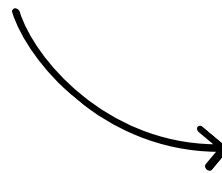
What can the dietitian help me with?

- Fueling for practice
- Recovery
- Hydration
- Low energy / fatigue
- Poor performance
- Meal and snack ideas
- Grocery shopping
- Choosing foods at restaurants
- Travel nutrition
- Female Athlete Triad
- Overview of daily diet
- & so much more!

How do I schedule a one-on-one session?

You have a few options!

- Ask your coach or athletic trainer
- Email your dietitian, Meredith, directly
- Scan the QR code below and enter your name, grade, and sport in your desired time slot!



***Contact your dietitian:
Meredith.sorensen@memorialhermann.org***