



BSA Providers

Sports Dietitian – Anne Buso

B. Science; Masters of Nut & Dietetics; APD; Consultant Dietitian

Anne is a registered dietitian and has worked across a number of Dietetic areas during the past 22 years, including clinical nutrition, corporate health & community nutrition. Anne has been involved with the BSA for 8 years.

Anne works with both athletes and non-athletes on a range of health issues including: diabetes, gastro-intestinal problems, food allergies and intolerances, weight management and disordered eating.

A key element of Anne's role, when working with athletes is conducting detailed nutritional assessments and developing individualised nutritional programs. Specific sports nutrition issues which often need addressing include: pre and recovery nutritional requirements, hydration needs, meeting caloric and certain nutritional requirements to enhance growth and development in teenage years and the need to develop nutritional plans while travelling overseas.

Anne has worked with a diverse range of athletes, sporting clubs and institutions over the last 9 years, covering a number of sports. Anne's work includes the provision of individual assessments, group education and/or information sessions, supermarket tours & cooking demonstrations.

Anne is an Accredited Practising Dietitian and is a member of the Dietitians Association of Australia. Anne also completed the Sports Nutrition Accredited course at the AIS in 2008.

Qualifications:

- Sports Dietitian
- Masters of Nutrition & Dietetics
- Bachelor of Science

Consultation Fees:

Standard consultation fee 45mins: \$80.00

Fees work on a sliding scale depending on the clients' financial situation so fees can be reduced in cases of genuine financial hardship.

Athletes may be eligible for a medicare rebate of \$52.95 per session for up to 5 sessions per calendar year with a referral from their GP if the reason for sessions encompasses any chronic medical issue (If unsure discuss this with your GP).

Athletes and families may also be eligible for a rebate from their health insurance provider depending if they have coverage for Dietetics.

Contact:

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