



SPORTS

NUTRITION

COUNSELING:

Diane Lancaster, Board Certified in Sports Dietetics provide services including:

- ✓ Analysis of daily nutrition intake
- ✓ Personalized nutrition plan targeting specific training and race goals
- ✓ Detailed fueling, hydration and electrolyte needs for training and race day
- ✓ Personalized meal plans/menus!



Are you looking for an edge during training or your next race?

Diane Lancaster, CSSD works with athletes of all levels to improve their sports performance through proper fueling!

MDD, NUTRITION, INC.

Offices in Matthews and Huntersville

704-846-7105

(We file insurance)

www.mddhelp.com