

# Do's and Don'ts, for Coaches

## DO.

**Give athletes feedback based on attributes unrelated to body or food:**

“I can tell you’re committed to learning that skill. Your form is looking better.”

“I’ve noticed you’ve been really interested in nutrition and performance, is that something you’d like to talk to a sports dietitian about?”



## DON'T.

**Comment on someone’s body composition:**

“She’s so lean, she just floats up the wall.”

“If you dropped a few pounds, you may feel lighter.”

“You’ve plateaued; maybe you need to cut out sugar.”

### Red Flags for Disordered Eating

- Commenting that they need to earn food or calories.
- Feelings of guilt around eating.
- Comparative body comments.