

Our Services

Spano Sports Nutrition offers the following services:

- Consulting for sports nutrition, food and beverage companies
- Spokesperson work and writing
- Individual nutrition consults
- Consulting for Sports Nutrition, Food and Beverage Companies
- Development of marketing materials
- Product development
- Technical writing
- Spokesperson work
- Trade show representation
- Public speaking
- Press kit development
- Nutrition analysis
- Nutrition Consults

Are you looking to make a change to your health and/or physique? Do you have nutrition allergies or intolerances that impair your well-being? We can help you achieve top performance in your athletic endeavors and improve your overall health by tweaking your diet. We offer the following services:

- Body composition testing
- Computerized diet analysis
- Meal planning (pre-game, post-game, in/off season)
- Food allergy and chemical sensitivity intolerance testing
- Individual counseling
- Supplement recommendations
- Grocery store tours
- Team Consults
- Team/group talks
- Dietary supplement reviews (ensure your players are choosing safe products)
- Training table development
- Work with team or personal chef to ensure they are prepare meals that meet the athletes total calories needs, macronutrient & micronutrient needs and any specific health concerns
- Menu planning