



Celebrating Chicago with the Chicago Blackhawk's Nutritionist

The April 11th Dinner meeting marked the final meeting in the 2015-2016 regular Program and a grand finale to our "Celebrate Chicago!" themed year. Julie Burns - Nutritionist for the Chicago Blackhawks - presented an engaging discussion around customized performance nutrition.



Julie H. Burns an Integrative Sports Nutritionist and registered and licensed dietician and Board Certified Clinical Nutritionist, is the founder of SportFuel®, an integrative sports nutrition and wellness consulting firm, and Eat Like the Pros®, a fully customizable local organic meal delivery service.

For over 25 years Julie has provided Team Nutrition services to the Chicago Blackhawks Hockey Team. She has worked with the Chicago Bears, White Sox, Bulls, Northwestern Varsity teams and countless professional

and elite athletes. She also consults with food companies and corporate clients. Julie has seen first-hand that a "one-size approach" does not fit all, and has developed a highly personalized program to help clients reach their performance goals.

Julie spoke about everything from stress and sleep, to fats and water intake as a robust view of overall nutrition wellness and health. Her experience with our cities most beloved athletes is a testament to her holistic philosophies that are rooted both in research science and personal experiences.

Formerly a clinical researcher herself, Julie realized that the advice that she was giving to clients early in her career was not making them healthier. Fats for example, seen as an enemy just a few short decades ago, are now treated as a vital part of an optimized diet.

Julie also gave practical examples of what we can do in our every day (non-elite athlete) lives - make sure you have 3 colors of veggies on your plate, drink plenty of water, and don't forget about fermentable fibers for overall gut health.

We also spent a fair amount of time exploring the microbiome, which naturally leads to the ever pleasant conversation about...poop. Julie offers testing services to her customers that, among other things, take an intimate look at the microbial ecology of stool samples which provide key clues to gut health and overall wellness. It is her "test, don't guess" philosophy that is the cornerstone of her customized approach.

Finally, perhaps the grandest highlight of the evening, Julie brought her Stanley Cup Championship ring and allowed guests to try it on, take pictures, and revel in the Hawks Championship glory. Please join us next month for our 54th annual Tanner Lecture where we will host Dr. Peter Schieberle as he talks about his work with Sensomics.

Joy Dell'Aringa
Chair-Elect 2015-2016