

Rachel Manor



Sport Nutritionist

Rachel Manor joined the UNC Sports Medicine staff in April 2013. She works closely with UNC's varsity athletic teams, providing sports nutrition education, nutrition counseling, and meal planning assistance.

Rachel Manor holds a BS in Life Science from the University of Portland in Portland, OR, where she was also a varsity athlete and team captain on the women's basketball team. She then decided she wanted to become a sports dietitian and help collegiate athletes use nutrition to improve their athletic performance. Rachel completed a dietetics certificate program at Middle Tennessee State University before completing her clinical dietetic internship in Nashville, TN through Lipscomb University. She is credentialed as a Registered Dietitian (RD) and one class away from an MS in Exercise Science and Nutrition from Lipscomb University.

Prior to coming to UNC, Rachel Manor served as a Sports Dietitian at the University of Oregon with primary responsibilities with basketball, volleyball, tennis, softball, and assisted with track and field/cross country and soccer. She coordinated individualized recovery nutrition plans, conducted body composition and hydration testing as well as provided nutrition education and nutrition counseling for athletes.

Rachel Manor is a member of the Academy of Nutrition and Dietetics (AND) and the Collegiate & Professional Sports Dietitians Association

Specialties

Specialties:

Nutrition

Sports Medicine

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