



Brandon's Story

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My journey in nutrition began with a deep love for exercise science. In the early 2010's, I was an exercise science and wellness major at Dutchess Community College, captivated by the intricacies of exercise testing and prescription. During the required nutrition course, I had a revelation. I realized that nutrition was not just a complementary field to exercise science, but a fundamental aspect that could significantly enhance athletic performance and overall health. This realization marked the beginning of my true calling: sports dietetics.

During my undergraduate dietetics program, I found my passion in sports dietetics. I was intrigued by the intricate relationship between energy systems and physiological demands. I had the privilege of serving as the president of the Nutrition for Performance Club for two years. This leadership role allowed me to execute two highly successful Sports Nutrition Expos during NCAA week. During these experiences I discovered my passion for communications, collaboration, and leadership, all now integral to my career success.

I became a Registered Dietitian in 2018, and for five years gained a breadth of experience in long-term clinical care, academia, and research. In 2023, I got my big break and became a Minor League Dietitian Apprentice for the Houston Astros. The hours were long, and the work was challenging. Yet, I went to work each day with a smile, my heart filled with joy and fulfillment. I was in an exciting, dynamic environment where I could thrive professionally and help athletes become their best. It was then that I developed my vision and mission, fueled by my passion and dedication.

Vision: Inspire athletes to use food and nutrition to reach peak performance.

Mission: To serve as a leader and subject matter expert in sports dietetics through athlete engagement, research, and volunteerism.

I am now a Holistic Health and Fitness (H2F) Dietitian for the U.S. Army Forces Command. In my short time with H2F, my passion for tactical nutrition and human performance has skyrocketed. This position affords me the privilege of helping improve warfighters' nutrition to maintain their readiness and lethality. Whether in sports or tactical settings, I love interacting with athletes who are ready and determined to make lifestyle changes, leading to better performance and goal acquisition. I also enjoy collaborating with like-minded team members from various disciplines on exciting initiatives.

I am self-directed and a lifelong learner. As such, I am an online Doctor of Health Science (DHSc) student at Pennsylvania Western University majoring in health science and exercise leadership. I am developing advanced knowledge and skills in three core areas: health science, adult education, and leadership. My primary research is on low energy availability in male athletes engaged in high-energy expenditure sports. This degree brings me one step closer to my vision and mission.

I am a growth mindset speaker, advocate, and qualitative researcher. In 2022, I had the fantastic opportunity to present about growth mindset at the 2022 Food & Nutrition Conference & Expo. Since, I have spoken to undergraduate and graduate dietetic and occupational therapy students about how they can apply a growth mindset for personal development and professional success. My passion for a growth mindset continues as I am engaged in qualitative research and actively seeking opportunities to share it with the tactical community.

Through effective communication and community, I have reached career and personal heights I never dreamed possible. My ability to effectively communicate and connect with others has led to countless learning and leadership opportunities. As the dietetics field continues to evolve, I am filled with optimism and hope for its future. I believe that as we remain connected and united, we can continue to make significant strides in the field, inspiring and transforming lives along the way.

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