

Female Athlete Nutrition Essentials

Fuel for performance, recovery, development, and well-being.

All You Need To Know About RED-S

What is RED-S?

Relative Energy Deficiency in Sport is a health condition that occurs when an athlete isn't consuming enough food to support the energy demands of their daily lives and training.

Why does it matter?

RED-S affects all bodily functions. Most notably it can lead to the following in female athletes:

- Menstrual disorders
- Low energy availability
- Reduced bone density

How RED-S affects your performance?

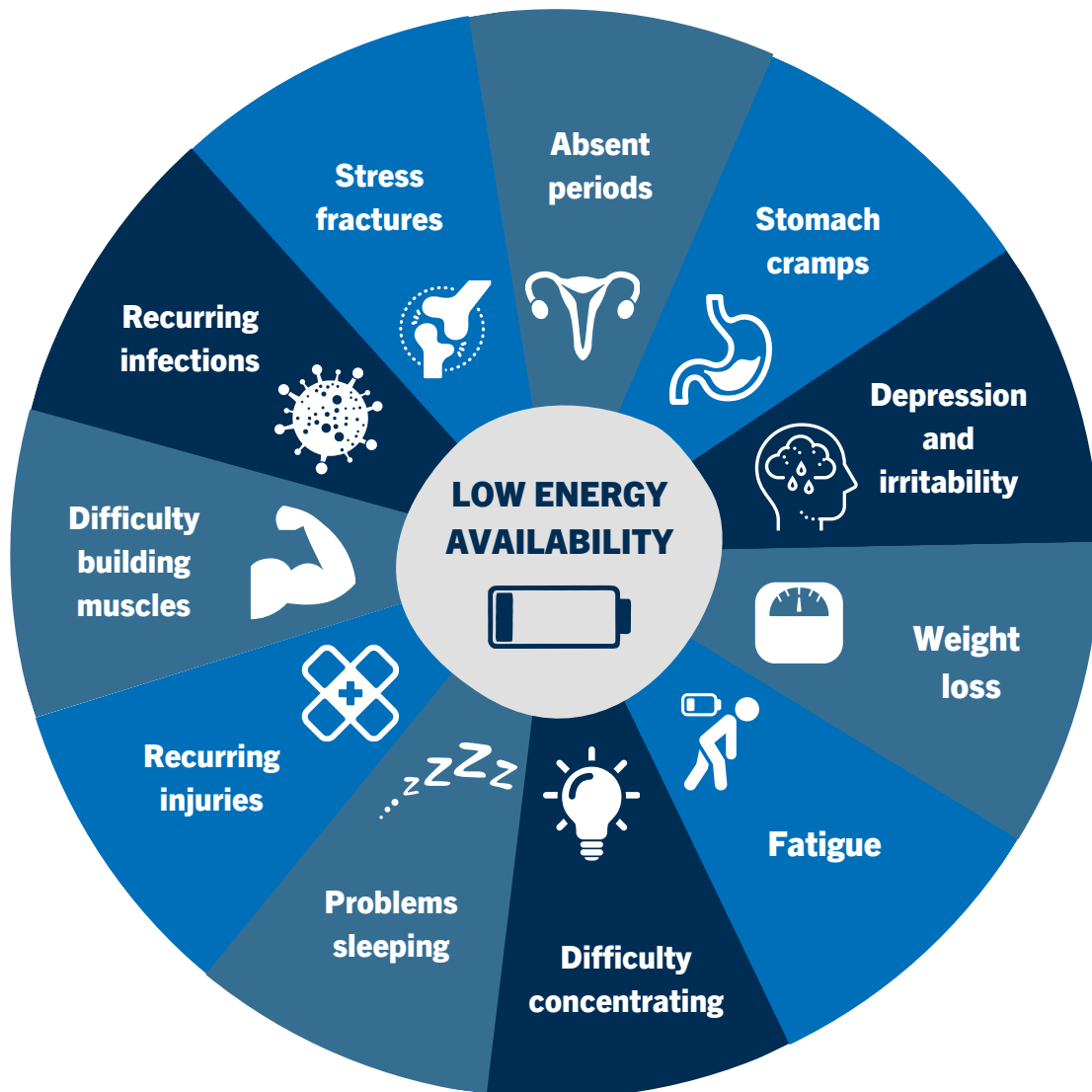
RED-S impairs athletic ability in the following ways:

- Increased risk of injury
- Decreased training response
- Impaired judgment
- Decreased coordination
- Decreased concentration

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What are the symptoms of RED-S?



Important:

- Regular menstrual cycles are a barometer of hormone health.
- Consult your doctor if your period is absent or if you haven't started your period by the age of 16.
- Don't self-diagnose, if you suspect you might be at risk of RED-S consult your doctor.

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Female Nutrition Essentials:

- Consume enough calories to fuel your bodily functions and your training.
- Remember to eat adequate amounts of protein to build lean muscle mass, muscle recovery, and muscle maintenance.
- Prioritize calcium and vitamin D for strong bones. Include: milk, cheese, yogurt, broccoli, soy beans, tofu, and nuts.
- Prioritize iron to replenish iron resources lost during menstruation. Include chicken, turkey, lean beef, beans, lentils, nuts, sunflower seeds, spinach, broccoli, and dried fruits.

If you want to read more about female athlete nutrition, we recommend this book.