

Fueling Female Athletes

This playbook provides guidance on addressing the unique nutritional needs of female athletes to support their hormonal and physiological demands.

Step 1: **Assess Needs**

Conduct a thorough assessment of the female athlete's current dietary habits, workout routine, and overall health to understand her unique nutritional needs.

Step 2: **Educate**

Provide education on how female hormonal fluctuations can impact nutritional requirements, energy levels, and athletic performance.

Step 3: **Customize Diet**

Create a customized meal plan that accounts for the athlete's menstrual cycle phases, energy expenditure, and specific sport demands.

Step 4: **Incorporate Iron**

Include iron-rich foods or supplements in the diet plan to prevent iron deficiency anemia, which is more common in female athletes.

Step 5: **Ensure Calcium**

Ensure adequate calcium intake to promote bone health and reduce the risk of stress fractures, especially important for female athletes.

Step 6: **Monitor Energy**

Regularly monitor the athlete's energy levels and adjust caloric intake to avoid Relative Energy Deficiency in Sport (RED-S).

Step 7: **Hydrate Properly**

Emphasize the importance of proper hydration and tailor fluid intake to the individual's needs, workouts, and environmental conditions.

Step 8: **Review and Adjust**

Periodically review the nutritional plan and make necessary adjustments based on changes in the athlete's training, performance, or health status.

General Notes

Menstrual Cycle

Be aware of the menstrual cycle's impact on hydration, energy needs, and recovery times when planning nutrition and training.

Sports Dietitian

Consider consulting with a sports dietitian who specializes in female athletes to ensure all nutritional considerations are expertly addressed.