

Nutrition Concerns for Female Athletes

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Virtua

USA Olympic Soccer Team



Venus & Serena Williams



Erin Donohue



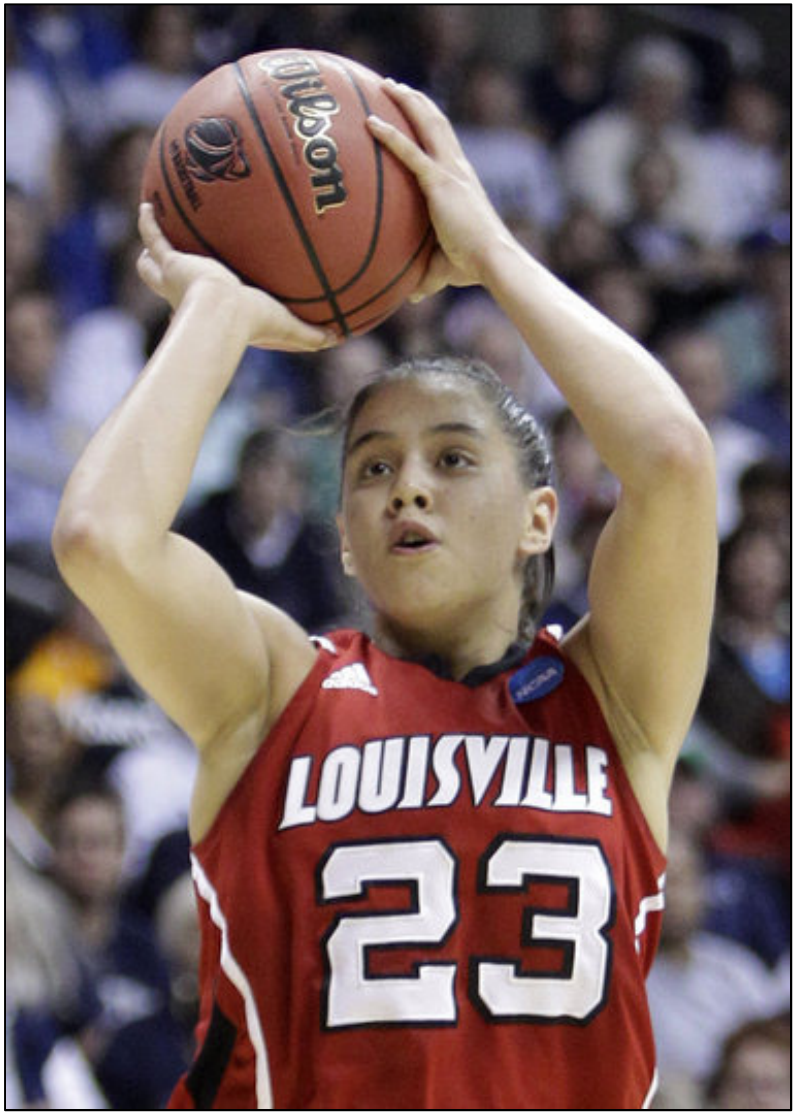
Keilani Ricketts



Missy Franklin



Shoni Schimmel



Intense demands on the body

Training

Competition

Minimal rest periods

Look familiar?

Wake up. School. Sports. Homework. Sleep.



(Repeat)

Taking care of yourself off the field:

Nutrition

Hydration

Sleep

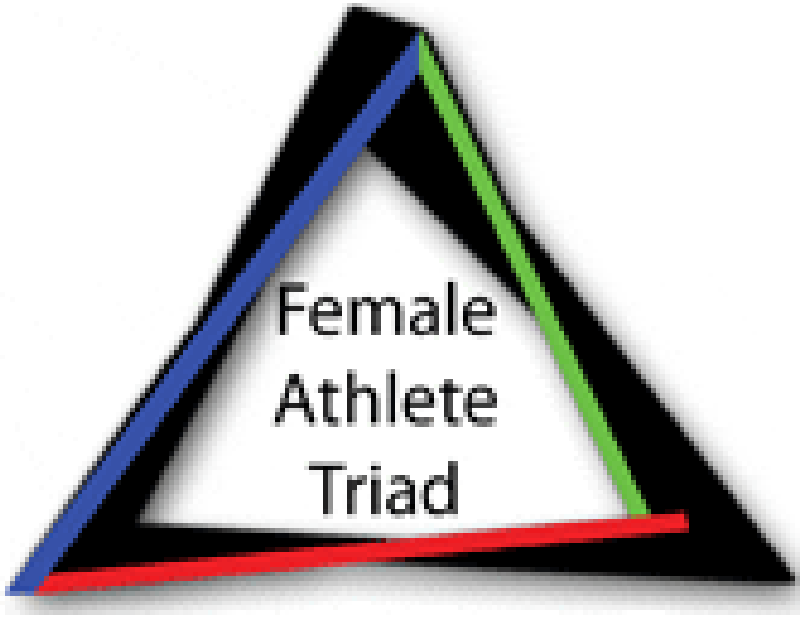
4 Nutrition Concerns for the Female Athlete

1. Female Athlete Triad
2. Fueling
3. Performance
4. Recovery



Female Athlete Triad

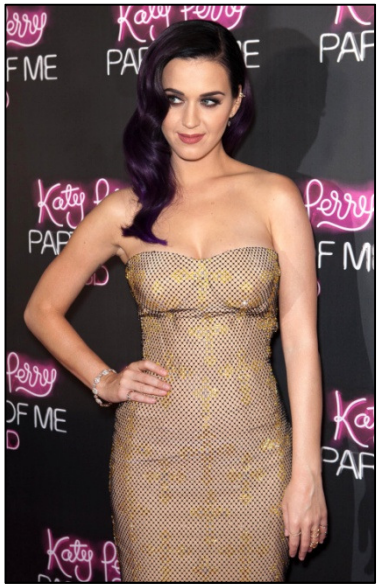
Disordered Eating



Osteoporosis **Amenorrhea**

Female Athlete Triad: Disordered Eating

- Losing weight to improve performance / vanity
- Calorie restriction to be thin
- Deprivation diets
- Eating disorders





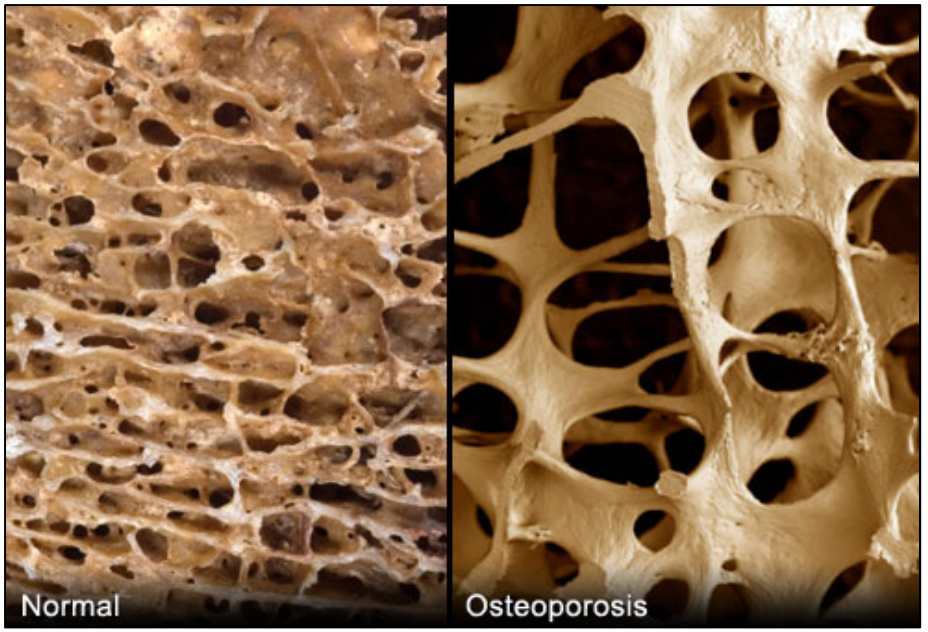
Female Athlete Triad: Amenorrhea

- Intense exercise without taking in enough calories
- Decreased estrogen
  (hormone that regulates your period)
- Periods are irregular or missing



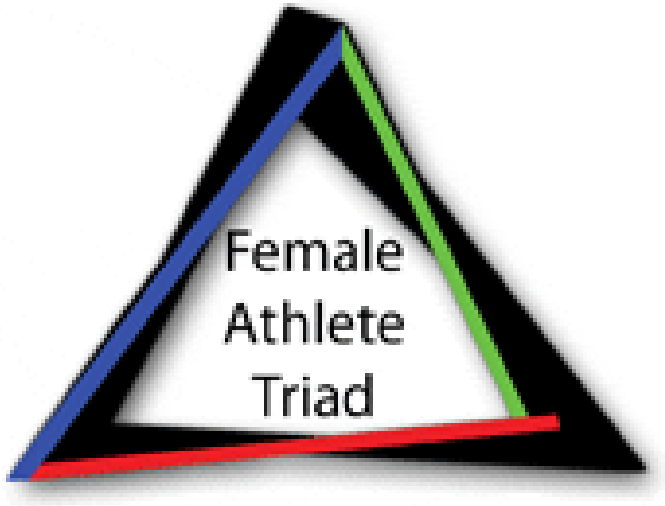
Female Athlete Triad: Premature Osteoporosis

- Caused by low estrogen and poor nutrition
- Can lead to stress fractures
- Not enough calcium
- Affects bones for lifetime



Female Athlete Triad: Signs & Symptoms

- Weight loss
- No periods or irregular periods
- Fatigue
- Decreased ability to concentrate
- Stress fractures
- Muscle injuries



Practice to be good at your sport.

Eat to fuel your sport.

Period.



What can I eat for maximum energy and performance?



The Athlete's Diet:

- Whole grains
- Lean protein
- Fruits
- Veggies
- Low fat dairy
- Water



The Athlete's Diet

1. **Nutrition as Fuel**
2. **Performance**
3. **Recovery Nutrition**



Pre-Work Meal:

- ✓ 3-4 Hours before the event (Approximately 500 calories)
- ✓ High in carbohydrate (Bread, cereal, pasta, fruit, veggies)
- ✓ Moderate protein (Poultry, eggs, dairy, nuts, peanut butter)
- ✓ Low in fat
- ✓ Water



Fueling Meal Suggestions:

- Turkey sandwich on whole wheat bread, veggies, water
- Whole wheat toast, egg whites, fruit, water
- Oatmeal, fruit, water
- Pasta, lean protein, veggies
- Chicken with steamed veggies, brown rice, milk
- Bagel with peanut butter



Pre-Work Snack:

- ✓ 1 Hour before the event (Approximately 100-200 calories)
- ✓ Low-fiber fruits or veggies (Melon, cherries, carrots)
- ✓ Low-fiber carbs (Crackers, ½ bagel, toast, white potato)
- ✓ Water



Snack Suggestions:

- Fig Newtons
- Low fat, low protein granola bar
- Fruit smoothie
- Low fat yogurt and fruit
- Low fat string cheese and grapes
- Pretzels and raisin mix



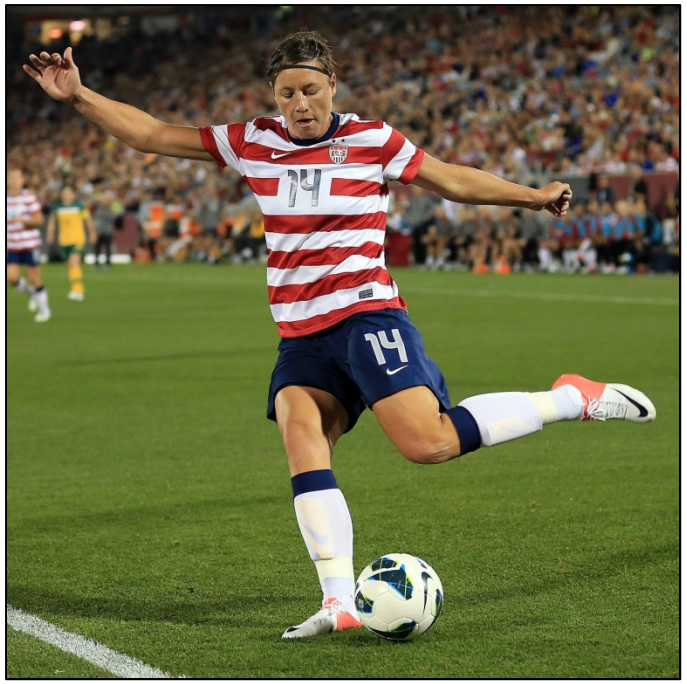
What to Avoid Before Event:

- ✓ High fat foods
- ✓ High protein
- ✓ Energy drinks
- ✓ Caffeine
- ✓ High sugar drinks
- ✓ Sweets



The Athlete's Diet

1. Nutrition as Fuel
2. **Performance**
3. Recovery Nutrition



During Work:

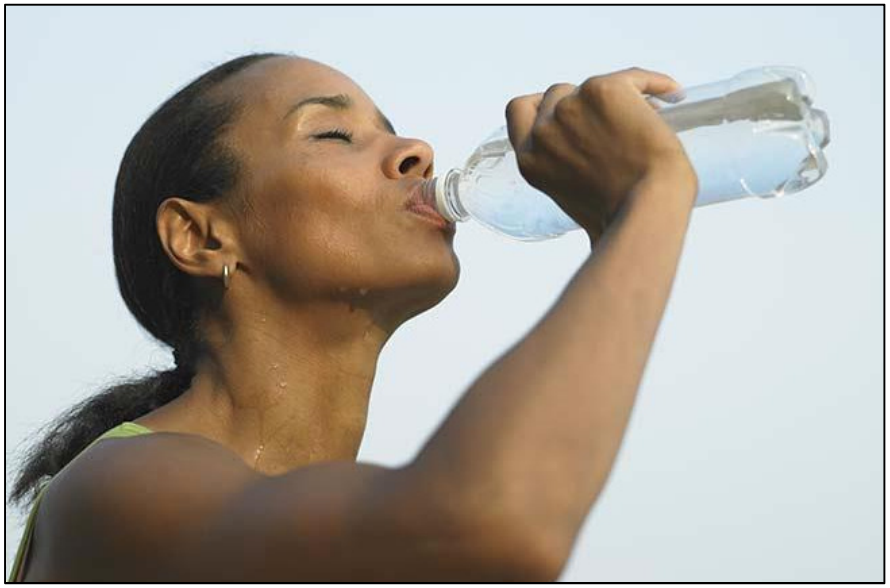
- ✓ Water (Every 15-20 minutes if possible)
- ✓ Sports drink (Contests lasting > 60-90 minutes)
- ✓ Long contests (track)

  Carbohydrates

  Fruit (low fiber)

  Crackers

  Low pro, low fat bars



The Athlete's Diet

1. Nutrition as Fuel
2. Performance
3. **Recovery Nutrition**



When should I start thinking about preparing for the next workout?



Post-Work Snack:

- ✓ Within 30 minutes

  (maximize protein synthesis and depleted glycogen stores)

- ✓ Balanced snack of carb, protein & fat

- ✓ Water or Sports drink



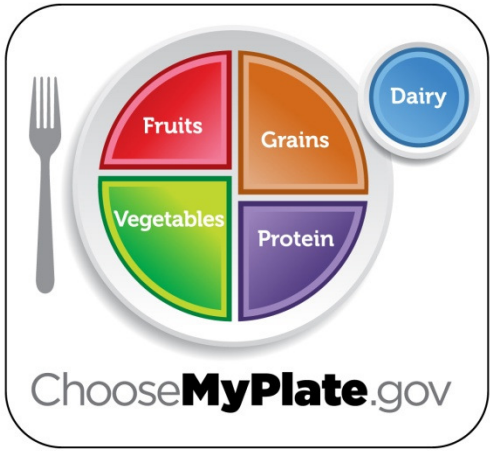
Post-Work Meal:

- Whole grains
- Lean protein
- Fruits
- Veggies
- Low fat dairy
- Water



Recovery Meal Suggestions:

- Grilled chicken, veggies, brown rice, milk
- Egg white omelet, whole wheat toast, fruit
- Whole wheat pasta, shrimp, veggies
- Chicken & veggie stir fry, brown rice, milk
- Fish, veggies, brown rice



I fueled for exercise, stayed hydrated during the event, and recovered… now what?



Look familiar?

Wake up. **EAT.** School. **EAT.** Sports. **EAT.** Homework. Sleep.



(Repeat)

4 Nutrition Concerns for the Female Athlete

1. Female Athlete Triad

Know the signs
Get help

2. Fueling

Meal 3-4 hours before event
Snack 1 hour before event

3. Performance

Water every 15-20 minutes
Sports drink > 60 minutes

4. Recovery

Snack within 30 minutes
Balanced meal



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