

NUTRITION: MEETING ENERGY DEMANDS

Young females need a lot more energy than you think!

You need energy for:

- Our main body functions, including the brain, heart, and lungs
- Supporting sleep
- Growth and development
- Building strong musculoskeletal and reproductive systems
- Maintain healthy social connections
- Academic study and part-time work

OPTIMAL FUELLING = PLANNING AND PREPARATION

PLAN

Plan your week and the sessions you have

PREPARE

Prepare by communicating your food needs

EXECUTE

Execute by preparing meals and snacks

Many young females fail to meet their energy needs – often unintentionally. This is common and is called Low Energy Availability.

SIGNS AND SYMPTOMS OF LOW ENERGY AVAILABILITY

- Fatigue or poor recovery
- Low mood/motivation
- Recurrent injury/illness
- Poor concentration
- Changes to the menstrual cycle
- Changes in gut health/appetite
- Poor performance

If you have any questions or concerns, please speak to your:
GP, Registered Nutritionist or Dietician