Female Athlete Triad

Often presenting together, these conditions: 1) low energy availability, 2) bone loss and 3) menstrual irregularities are called female athlete triad. A thorough evaluation of the athlete's nutritional habits is a key to improving these signs and symptoms. Here are common questions addressed in a nutrition consultation for a young athlete experiencing these and other medical conditions:

- Are they skipping any meals?
- Are they getting 3 out of the 5 food groups at each meal?
- How much water / fluid are they drinking?
- Are they getting adequate calcium and vitamin D for their age?
- Are they getting enough protein for their weight, sport and age?
- Are they spacing this protein out adequately throughout the day?
- Do they appear to be getting adequate calories for their growth and sports needs?

Customized Plan

Nutrition counseling is an important role in recovery and injury prevention, especially when athletes have had injuries that are linked to energy deficiencies. Young athletes should learn to fuel their bodies for sports and activities so that they are performing at their best and avoid preventable injuries.

- Identifying fueling ways to increase calories or other nutrients needed.
- Discussing pre- and post-exercise snack and meal planning.
- Planning ways to optimize fluid intake.
- Providing education on specific topics based on the athlete’s needs and goals. This might include supplements, hydration or specific nutritional deficiencies.