

Performance Nutrition Resources



teamusa.org/nutrition

sportsrd.org/downloadable-resources



ncaa.org/sport-science-institute/nutrition-sleep-and-performance

eatright.org/fitness/sports-and-performance/tips-for-athletes



Academy of Nutrition and Dietetics



Collegiate Sports RDs to Follow



@LonghornFuel

UT Sports Nutrition



@UVASportsRD

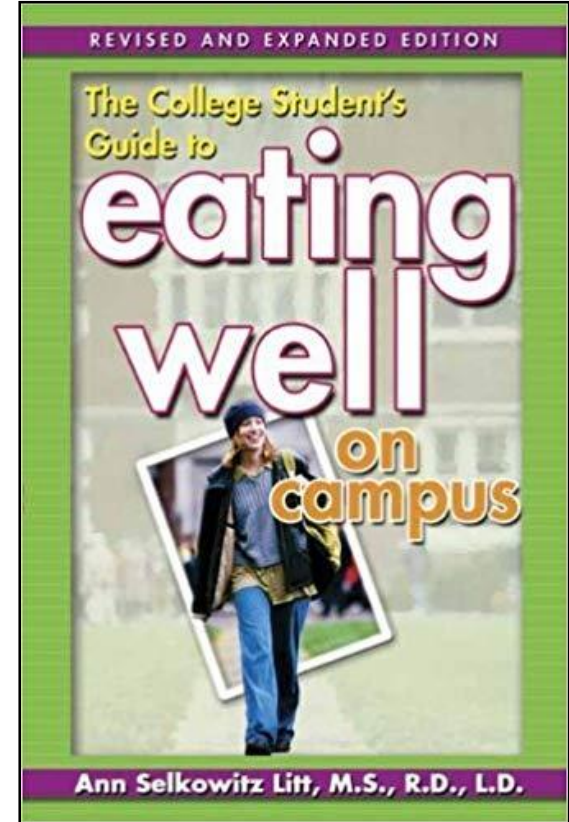
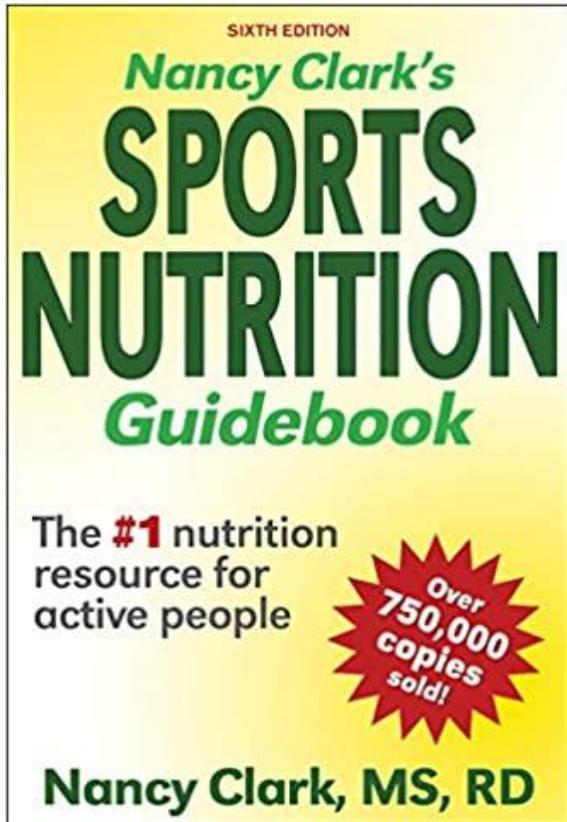
UVA Sports Nutrition

@FuelupNU

NU Perform Nutrition



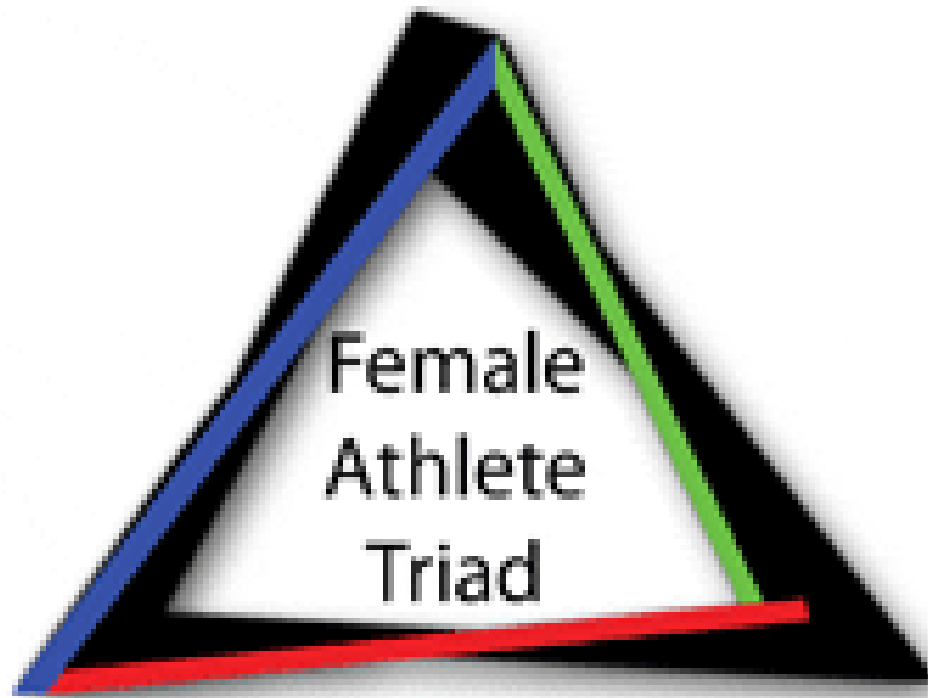
Best Books, by R.D. Authors





Female Athlete Triad

Low Energy Availability/Disordered Eating

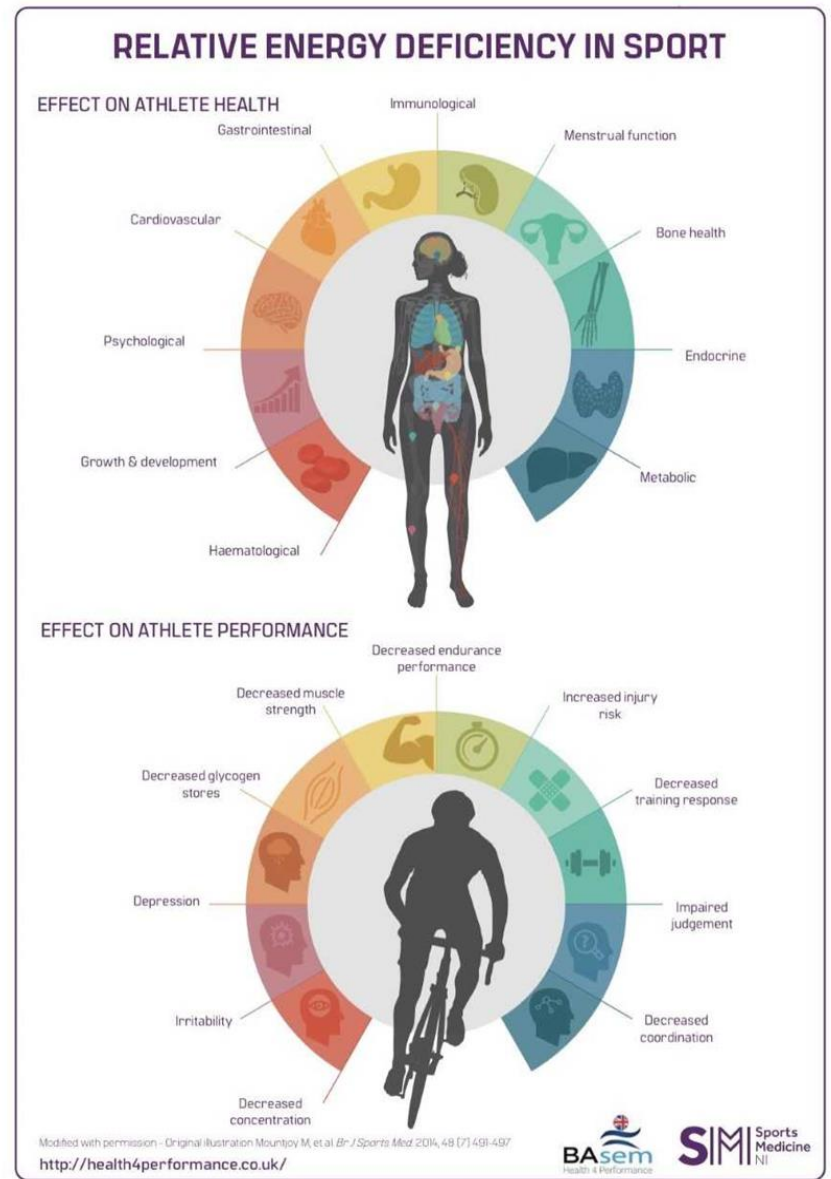


Bone Loss/Osteoporosis

Menstrual
Disturbances/Amenorrhea

Relative Energy Deficiency in Sport

compromises athlete health and performance



Expressing Care & Concern

@ Eating, Compulsive Exercise, or Mental Health



- Talk in private
- Express your concern without judgement
- Stick to the facts of what you observe and are concerned about
- Expect denial, unwillingness to open up, resistance, maybe even anger
- Listen, be supportive, and role model healthy habits
- Encourage help-seeking and connect to trusted mentors & providers
- Seek support for yourself; be a supportive teammate & friend