

NUTRITION TIPS

FOR FEMALE ATHLETES



Start with the basics: Prioritise energy availability, hydration, and macronutrients (protein, carbs, and fats). Once these are in place, use the tips below to refine based on training demands and menstrual cycle considerations.

1 HYDRATION AND THERMOREGULATION



In the luteal phase (period between ovulation and menstruation), women's internal body temperatures rise, making them vulnerable to heat-related issues such as dehydration and fatigue.



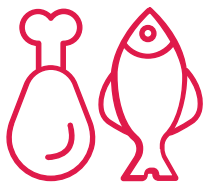
TOP TIPS:

Monitor sweat rate and listen to your body, adjust fluids accordingly



Use pre- and post-exercise cooling techniques like ice packs and cold-water immersion

2 PROTEIN



Protein needs may be slightly higher during the luteal phase due to increased protein breakdown.

TOP TIP:

Aim for 1.4–2.2g of protein per kg of body weight daily, spread across meals and snacks. For example, a 60kg female athlete should aim for 84–132g of protein daily.

3 MICRONUTRIENTS



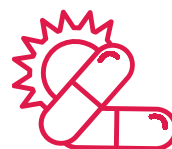
IRON

min 14.8mg/day, endurance athletes could increase by 70%



CALCIUM

Up to 1000–1500 mg spread throughout day (1 pot yogurt = ~120 mg)



VITAMIN D

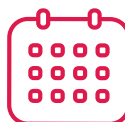
Consider supplementation: 1000–2000 IU daily (25–50µg D3) especially Oct - March

4 INDIVIDUALISATION

Hormonal fluctuations affect everyone differently. Consider...



Working with a nutritionist to tailor nutrition to your needs



Tracking your own cycle to identify patterns