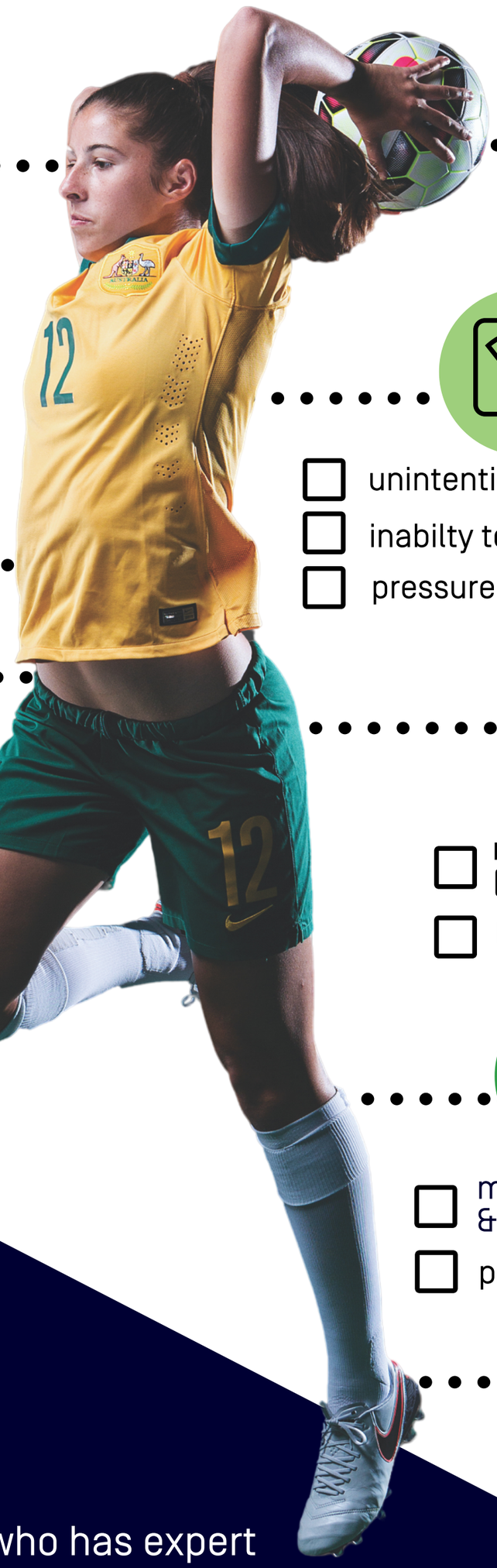
ARE YOU EATING ENOUGH TO FUEL YOUR PERFORMANCE?

UNDER-FUELLING
CAN AFFECT
MALES & FEMALES

75%
OF FEMALE ATHLETES
MAY BE
UNDER-FUELLING

1 IN 3 FEMALE ATHLETES
HAS 2 OR MORE SYMPTOMS
OF UNDER-FUELLING

HAVE YOU NOTICED...



- ☐ low mood / feeling irritable
- ☐ difficulty with motivation for training
- ☐ persistent fatigue
- ☐ unintentional weight loss
- ☐ inabilty to alter body compostition
- ☐ pressure to lose weight (from self / others)
- ☐ new or persistent gut discomfort
- ☐ loss of appetite or
- ☐ always feeling hungry
- ☐ menstrual cycle changes (if not on pill)
- ☐ lowered sex drive
- ☐ more frequent injury & / or illness
- ☐ prolonged rehab
- ☐ poor performance or failing to adapt to training

IF YOU TICKED ONE OR MORE ...

FUEL CHECK

Speak to your sports dietitian who has expert knowledge in helping you to match your fuelling needs to training and competition

AIS · ACTAS ACT ACADEMY OF SPORT · NSWIS NSW INSTITUTE OF SPORT · NTIS · Queensland Government · AUSCYCLING · SASI South Australian Sports Institute · FTIS · VICTORIAN INSTITUTE OF SPORT · wais · DIVING AUSTRALIA · Athletics Australia