

Nutritional Tips

For Young Athletes With

Amenorrhea



Consume adequate fat

Fat in the diet helps in the absorption of vitamins A, D, E, and K



Nuts, peanut butter, olive oil, salmon, and avocado contain healthy fats

Consume required amount of protein

Proteins are metabolized for energy needs



Consult a dietician and eat protein per day as per your body weight

Avoid crash diets

Diet can cause nutrient deficiencies and low energy



Lose weight slowly over time

Include calcium-rich foods

Helps to maintain bone density



Low-fat cheese, milk with fortified cereal, and yogurt contain calcium

Get enough vitamin D

Maintains bone health and helps in calcium absorption



Sunlight, fatty fish, fortified cereal, and supplements are good sources

Reference:

Nutrition Tips For Women With Amenorrhea; The Female and Male Athlete Triad Coalition