



## Relative Energy Deficiency in Sport (REDS)

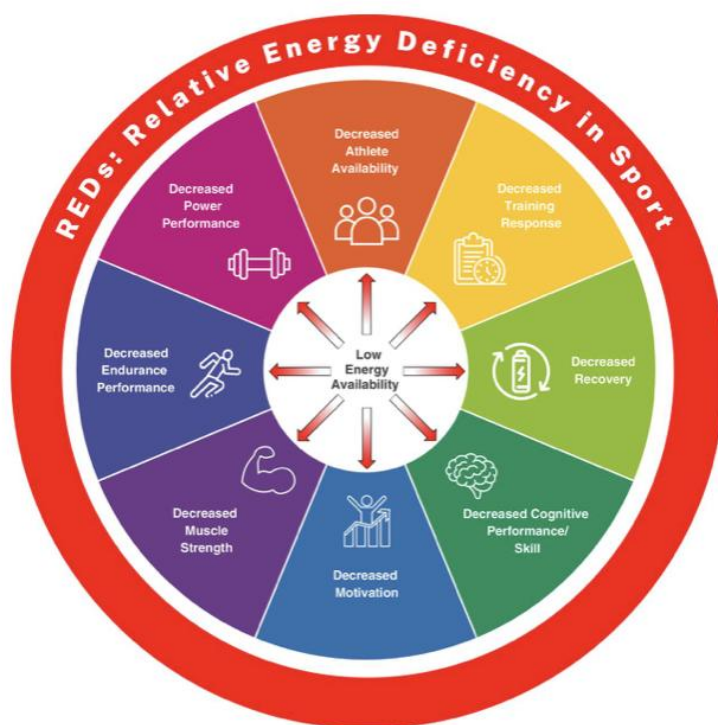
All (male, female, para and able bodied) athletes are at risk of REDS, particularly those involved in aesthetic sports, weight category as well as gravitational/ endurance sports. REDS is caused by low energy availability (chronic) where the energy consumed from food, does not cover the overall energy needed for exercise and to keep the body functioning normally, resulting in health and performance consequences.

Athletes, parents, coaches and the athlete support team should be aware of factors that may increase the risk of LEA/REDS including common symptoms. Referral to a Sports Physician, Sports Dietitian and or Sports Psychologist (CMT) is recommended for appropriate identification, investigation, assessment and monitoring.

Where body composition plays a role in performance, professional support from the athlete's core multidisciplinary team (Sports Physician, Sports Dietitian and Sports Psychologist) should be sought, monitored and safely supported to cause no harm and to minimise the risk of REDS and or risk of disordered eating/eating disorders.



HEALTH CONSEQUENCES



PERFORMANCE CONSEQUENCES

Mountjoy, M et al 2023

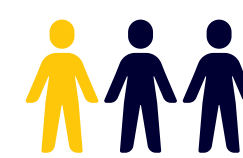
# ARE YOU EATING ENOUGH TO FUEL YOUR PERFORMANCE?



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



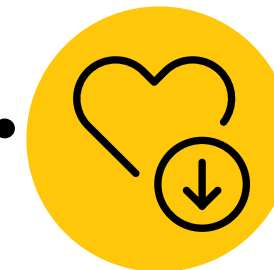
- ☐ unintentional weight loss
- ☐ inability to alter body composition
- ☐ pressure to lose weight (from self / others)



- ☐ new or persistent gut discomfort



- ☐ loss of appetite or
- ☐ always feeling hungry



- ☐ menstrual cycle changes (if not on pill)
- ☐ lowered sex drive



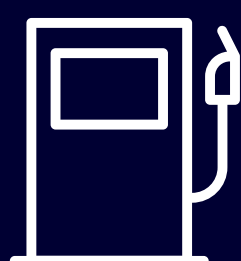
- ☐ more frequent injury & / or illness
- ☐ prolonged rehab



- ☐ poor performance or failing to adapt to training

IF YOU TICKED ONE  
OR MORE ...

### FUEL CHECK

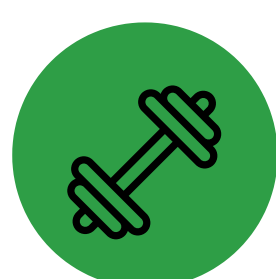


Speak to your sports dietitian who has expert knowledge in helping you to match your fuelling needs to training and competition



# ARE YOU EATING ENOUGH TO FUEL YOUR PERFORMANCE?

## FACTORS THAT CAN MAKE FUELLING CHALLENGING...



altered training load



altitude or heat training



interstate or overseas travel



difficulties shopping for food



new training squad or location



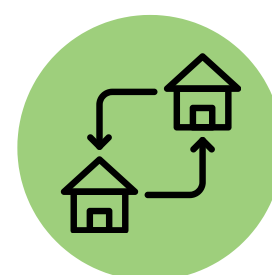
changed eating habits for any reason



unpredictable or change to work / study routines



limited kitchen access or cooking skills



moving out of home or changed living arrangements



unsure how to execute your sports nutrition plan

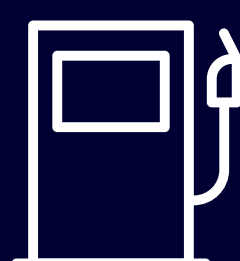


financial hardship



## NEXT STEPS...

### FUEL CHECK



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