



FILL YOUR TANK!

Make sure you never run on empty! Athletes wanting to perform at their best need to give their bodies adequate energy.

Underfueling occurs when nutrition intake does not meet training demands. This can result in:



- Chronic fatigue
- Sore muscles
- Getting sick
- Injury
- Hormonal imbalance
- Low motivation
- Mood swings
- Anxiety or depression
- Trouble sleeping

ARE YOU AT RISK OF RUNNING ON EMPTY?

- I often skip meals because I'm too busy or forget to bring food.
- I "bonk" during training, where I feel empty, lightheaded and just want to stop.
- I'm really focused on eating the "right" foods and feel bad if I don't follow my food rules.
- I feel like I can't maintain a proper weight, and I'm always worried about not being lean enough.
- I get really hungry right after practice, where I feel like I need to grab the first thing I see and eat a lot of it.
- I have been injured.
- I get sick a lot, especially during high points in my season.
- My coach or teammates or friends have made comments about how I should eat more. I'm not sure how much I should be eating day-to-day.
- I regularly have difficulties focusing on school, work or engaging in social activities.

If you checked 3 or more of the boxes, it's very likely that you're underfueling!

Failing to eat enough food to support performance can be intentional or unintentional. If an athlete is drastically restricting intake to control weight, this can lead to more serious problems, such as disordered eating or a condition called “RED-S.”



STAY OUT OF THE RED-S

RED-S stands for Relative Energy Deficiency in Sport. This is a state of chronic underfueling that causes symptoms such as:

- Changed menstrual cycle
- Decreased hormone levels
- Decreased metabolism
- High risk of bone fracture
- Decreased immunity
- Heart problems

TAKE ACTION!

PLAN AHEAD

- Sketch out your day and plug in meal and snack times.
- Bring food with you so you’re always ready when hunger strikes.
- Make enough so that you have leftovers, so quick, easy meals don’t require as much effort.
- Keep in mind that most athletes need 3 meals and 3 snacks each day to meet energy needs!

PUMP IT UP!

- Add high-calorie foods to your meals: nuts, seeds, avocado, cheese, sour cream, olive oil, dried fruit.
- Add a new snack to your eating routine.
- Switch to full-fat dairy or add an extra spoonful of nut butter.

SELF-TALK

- Remind yourself that all bodies are different and yours is specially designed to be its best!
- Think of food in a positive way. Phrases like “Carbohydrates give me energy to train” or “I can choose the foods that are right for me” can be helpful as you go through your day.
- Focus on the hard work you’re doing in training to reach your goals. Remember that nutrition is a big piece of that success.

SEEK HELP

- Commit to learning more about the importance of eating well for sport and health.
- If you’re struggling to feel good about your body and eating, talk to a trusted coach, parent or sports dietitian.



For more information on how to fuel your everyday greatness, scan the QR code or visit: Greatness.Unbottled.com