



Nutrition Tips For Female Athletes With Amenorrhea

Amenorrhea is the loss of regular menstrual periods and a health problem among many active women who under-eat (either by choice or unknowingly) and have too little energy to support normal bodily functions. Amenorrhea is your body's way to conserve energy when it is under-fueled. It is linked with medical concerns, including stress fractures.

HOW TO RESOLVE AMENORRHEA

Throw away the scale.

Don't force your body into a weight that is too thin for your genetics.

Stop eating when you are content.

Don't stop eating just because you "think you should." Eat at least every four hours, so you are well-fueled during the active part of your day.

Include fat in every sports meal.

"Good fats" include peanut butter, nuts, salmon, cheese, and olive oil. They help absorb certain vitamins, reduce inflammation, and provide fuel for endurance exercise.

Eat adequate protein and calcium.

Include protein-rich and calcium-foods at each meal and snack. Dairy (or soy) milk and yogurt are excellent sources of both.

DOES AMENORRHEA CAUSE LONG TERM BONE DAMAGE?

Yes, so act quickly! Teens who resume menses can restore some, if not most, of the bone density lost during their months of amenorrhea. Prolonged amenorrhea can bring about longer term health issues.

Ask a professional for assistance.

