



Which course was your favorite?

Course 1

Course 2

Course 3

Course 4

Are you satisfied with the amount of food given?

Yes

No

Do you fall to the light or the dark side?

Light Side

Dark Side

What is one thing you would change or do differently about the components of a dish?



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MICRONUTRIENTS CAUSING MACRO PROBLEMS

What Causes Low Energy?

For the female athletes, micronutrients are most likely to be low if energy is low, food groups are eliminated, or highly processed foods make up much of the diet. The key micronutrients to monitor are the B vitamins, vitamin D, and selected minerals (zinc, iron, calcium, magnesium). Conversely, active women with adequate energy intakes or those who use fortified/enriched foods or supplements appear to have good status.

Calcium

All females between 11 and 24 years old should consume 1,500 milligrams of calcium and 400 to 800 units of vitamin D daily. Calcium is important for both health and reduction of injury in female athletes. Vitamin D is necessary for the use of calcium in the body.

B Vitamins

Female athletes burn more calories than the average female, which increases their need for B vitamins. There are eight types of B vitamins, and one of their primary functions is turning food into energy. Vitamins B-1 and B-2 help produce energy in the heart, nerves and muscles. Vitamins B-3 and B-6 provide energy to the blood cells, which helps to regulate menstrual flow and can reduce heavy periods. Vitamins B-5 and B-12 influence the normal growth and development of the entire body. Vitamin B-6 breaks down proteins to provide energy to the immune system, and vitamin B-7 breaks down proteins and carbohydrates. Without B vitamins, female athletes may become anemic and lethargic.

Iron Status

Athletes, particularly female athletes participating in endurance sport, are at increased risk of compromised iron status due to heightened iron losses through menstruation and exercise induced mechanisms associated with endurance activity. An increased level of iron of 10 mg is recommended to meet energy expenditure requirements. This places the daily recommended intake at 24 - 30 mg.



