

Overall take home message for female athletes with regard to nutritional considerations

Protein intake must be adequate for the building and repair of muscle tissues, while adequate carbohydrate intake is needed for muscle glycogen replacement. In addition, many of the micronutrients needed for bone (calcium, magnesium, vitamin D), energy production (B vitamins), red blood cell and haemoglobin synthesis (iron, folate, B12) and immune function (zinc, antioxidants, iron) must be present in the diet.

Make sure your diet is nutritious enough

- Protein: needed for the building and repair of muscle tissue
- Carbohydrates: needed for muscle glycogen replacement
- Micronutrients: needed for...
 - Bones (calcium, magnesium, vitamin D)
 - Energy production (B vitamins)
 - Red blood cell and haemoglobin synthesis (iron, folate, B12)
 - Immune function (zinc, antioxidants, iron)