



Nutrition and the Female Athlete: From Research to Practice

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Designed to address the nutritional needs of women over the age of 18 who partake in sports on a regular basis, **Nutrition and the Female Athlete: From Research to Practice** highlights nutritional concerns specific to active women. It discusses the link between nutrition and athletic performance and translates research into practical applications for health, fitness, and nutrition professionals.

The book addresses gender differences in substrate utilization and the implications for how these differences might translate into different macronutrient requirements for female athletes. It covers vitamins and minerals that are often lacking in the diets of female athletes and presents special considerations for individuals with disordered eating, menstrual dysfunction, and low bone-mineral density.

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