

# Recognizing Underfueling

Underfueling can often go unnoticed in athletes. As a coach, medical provider, or teammate, you can use this checklist to identify signs of underfeeding in the athletes you work with and differentiate between health behaviors and unhealthy behaviors.

## Signs of Proper Fueling

- ✓ Eating constantly throughout the day
- ✓ Not skipping meals
- ✓ Following the training plate method when building meals
- ✓ Planning snacks and meals in advance
- ✓ Fueling before training
- ✓ Refueling after training
- ✓ Packing snacks on rides
- ✓ Consistent body weight
- ✓ Rarely ill
- ✓ Rarely injured
- ✓ Injuries heal at normal pace
- ✓ Performance continues to increase

## Notice a Red Flag in Yourself or an Athlete?

- 1** Do not ignore it!
- 2** Communicate your concern with the performance team, specifically the Registered Dietitian
- 3** Consider other signs and red flags
- 4** Educate yourself about under fueling and its consequences

## Signs of Underfueling

### *Red Flags*

- 🚩 Skipping meals
- 🚩 Following popular diets such as a low carb diet or intermittent fasting
- 🚩 Not fueling prior/after to training
- 🚩 Not taking snacks on rides
- 🚩 Skipping carbohydrates at meals
- 🚩 Weight loss
- 🚩 Muscle loss
- 🚩 Difficulty maintaining weight
- 🚩 Frequently discussing body weight
- 🚩 Expressing fears over weight gain
- 🚩 Often too fatigued to train
- 🚩 Crashing during/after training
- 🚩 Binging on vegetables at meals
- 🚩 Diminished performance
- 🚩 Frequently injured
- 🚩 Frequently sick
- 🚩 Not recovering from injuries or illness
- 🚩 Depression
- 🚩 Anxiety
- 🚩 Trouble focusing
- 🚩 Loss of interest