

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