

[Skip to content](#)

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

 Open search panel



Search

Search the Insight Hub...



Cancel

- [Insights](#)
[Rangahau](#)
- [Events](#)
[Hui](#)
- [Partnerships](#)
[Rangapū](#)
- [Impact](#)
[Whakaaweawe](#)
- [About](#)
[Mō Mātou](#)
-  [0](#)
[Saved](#)

 [0](#) Saved


 EN ▾

- [Sign in](#)
- [Submit](#) >

  Toggle navigation [Submit](#) >

Nutrition For Female Athletes

Theme:
Participation

 Nutrition For Female Athletes

Co-authored by Sara Oikawa, Ph.D., R&D Senior Scientist – Gatorade Sports Science Institute and the Women's Sports Foundation

Nutrition For Female Athletes

Use this resource below to gain a better understanding of nutritional considerations that should be made for female athletes.

GSSI highlights nutritional considerations for female athletes and specifies how those needs should be adopted based on factors such as age, training load, and periods of reproduction.

Download it here: <https://performancepartner.gat...>



Save this Insight



Print this Insight



Download Insight assets
For use in your own documents

Was this Insight helpful?



Share this Insight



[Facebook](#)



[Twitter](#)



[Email](#)



Copy this page's URL



Save this Insight



Print this Insight



Download Insight assets



[Email this Insight](#)

Download Insight assets

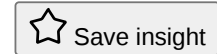
- [Nutrition For Female Athletes.pdf](#)
- [nutrition-for-female-athletes.jpg 90KB JPG](#)

Was this Insight useful?



Similar Insights (56)

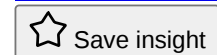
[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)



Participation

2022 IWG: Christine Young - Integrity in HP Youth Sport

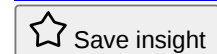
[2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton](#)



Participation

2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton

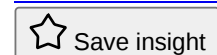
[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)



Participation

2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport

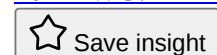
[2022 IWG: Kirsten Spencer - Sport as a social development tool](#)



Participation

2022 IWG: Kirsten Spencer - Sport as a social development tool

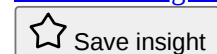
[2022 IWG: Erin Hatton - Driving transformational change](#)



Participation

2022 IWG: Erin Hatton - Driving transformational change

[Understanding Period Poverty Infographic](#)

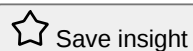


Participation

Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

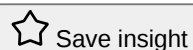


Participation

Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

[Netball Resources for Clubs and School Administrators](#)

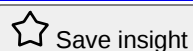


Participation

Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

[Girls Smash Modified Girls Only Cricket Programme](#)

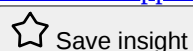


Participation

Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

[Innovative approaches to encouraging women's participation in Golf](#)

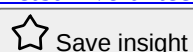


Participation

Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)

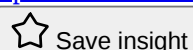


Participation

Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

[Sport as a Social Development Tool](#)



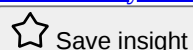
 Participation

Participation

Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)




Participation

Netball Player Development Programme

By Alysha Jensen - Netball New Zealand


[Why Aussie women's sport needs to talk about fertility](#)

 Save insight

Participation

Why Aussie women's sport needs to talk about fertility

[She Belongs: Building Social Connection for Lasting Participation in Sport](#)


 Save insight

Participation

She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport


[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)

 Save insight

Participation

Sport for Sustainable Development: Designing Effective Policies and Programmes


[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)

 Save insight

Participation

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport


[Huge uptick in girls and women playing football in New Zealand](#)

 Save insight

Participation

Huge uptick in girls and women playing football in New Zealand


[Rally Report Insights: Body Confidence](#)

 Save insight

Participation

Rally Report Insights: Body Confidence


[Rally Report Insights: Mental Health](#)

 Save insight

Participation

Rally Report Insights: Mental Health


[What type of uniforms do women want to wear when they referee or umpire sport?](#)

 Save insight

Participation

What type of uniforms do women want to wear when they referee or umpire sport?


[Women & Padel: Start of a love story](#)

 Save insight

Participation

Women & Padel: Start of a love story

[Empowering young women to lead their experiences - Journeys Central Otago](#)


 Save insight

Participation

Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

[Creating safe environments for young women to be active their way](#)


 Save insight

Participation

Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)


 Save insight

Participation

Kōhine māia

By Rachel Howells - Sport New Zealand

[Yeah! Girls Move - Cricket not the way you know it](#)

 Save insight

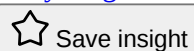
 Yeah! Girls Move

Participation

Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

[For young women, by young women - WORD girls-only programme](#)

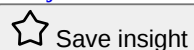


Participation

For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand

[Not just for the "sporty", the Not-So-Sports-Club](#)

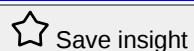


Participation

Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)

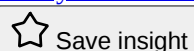


Participation

Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)

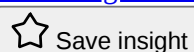


Participation

Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

[Removing Period Poverty As a Barrier to Participation](#)

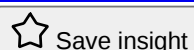


Participation

Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

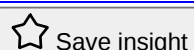
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



Participation

Te Awamutu AFC starts 2024 off strong with growing demand

[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)



Participation

Pacific Women's Leadership Programme Impact - Sela Vaenuku


[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)

 Save insight

Participation

IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective


["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)

 Save insight

Participation

"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes


[Coaching through a Gender Lens Infographic](#)

 Save insight

Participation

Coaching through a Gender Lens Infographic


[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)

 Save insight

Participation

Angel City Equity House Podcast: Myth Busters presented by Gatorade


[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)

 Save insight

Participation

2022 IWG: Emily Davidson - She Loves Golf Presentation


[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)

 Save insight

Participation

Hikurangi Golf Club president Felice Croft encouraging more women into the sport

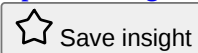
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)

 Save insight

Participation

Running and periods: The myths about exercise and your menstrual cycle, debunked

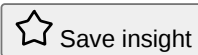
[Updated Pregnancy guidance from UK Sport](#)



Participation

Updated Pregnancy guidance from UK Sport

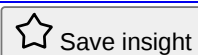
[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



Participation

IWG: Daenin Roth - Grassroots Role Models Inspiring Change

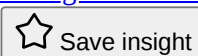
[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



Participation

IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel

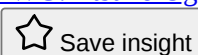
[Young Women Profile - September 2021](#)



Participation

Young Women Profile - September 2021

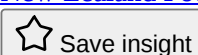
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



Participation

IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

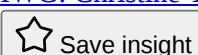
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

New Zealand Football Performance & Prevention - Considerations for Female Athletes

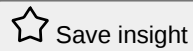
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



Participation

IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

[Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

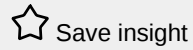


Participation

Co-Designing Effective Programmes for Young Girls: Insights and Principles

By Briana iring - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)

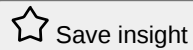


Participation

How To Co-Design A Programme With Participants

By Briana iring - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)

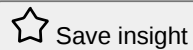


Participation

Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana iring - Aktive - Auckland Sport & Recreation

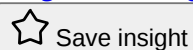
[Aktive Women & Girls Facility Guide](#)



Participation

Aktive Women & Girls Facility Guide

[Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"](#)

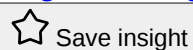


Participation

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

By Rachel Howells - Sport New Zealand

[Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"](#)

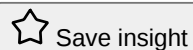


Participation

Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand


[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



Participation

IWG: Helen Parker - Transgender competitors in women’s sport - Change for the better?

[400 Games: Melony O’Connor Reaches Refereeing Milestone in Sal’s NBL](#)


 Save insight

Participation

400 Games: Melony O’Connor Reaches Refereeing Milestone in Sal’s NBL

By Amy McClintock - Basketball New Zealand

[Insights to Young Women’s Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"](#)

 Save insight

Participation





Insights to Young Women’s Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

By Rachel Howells - Sport New Zealand

Our Partners

-  Sport NZ Sport NZ
-  Auckland Unlimited Auckland Unlimited
-  Spark Sport Spark Sport

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [Twitter](#)
-  [YouTube](#)

- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa


Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) >

 Close panel

 Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa

Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:*

Email:*

Preferences

Select those that apply to you to help us customise your Insight Hub experience.

Insight Themes

- All
- Leadership
- Social Change
- Active Lives
- High Performance
- Visibility and Voice

Insight Content Types

- All
- Research
- Case studies
- News stories
- Toolkits

Subscribe now 