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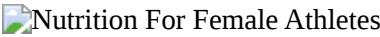
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# Nutrition For Female Athletes

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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.

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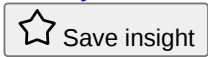
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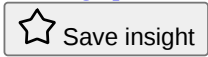
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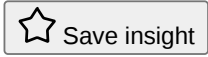


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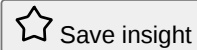
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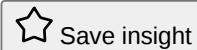


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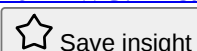
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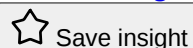
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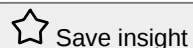


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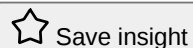


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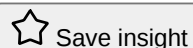


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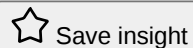


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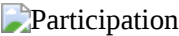
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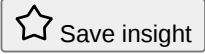
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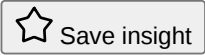
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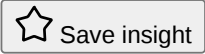
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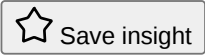
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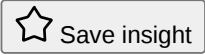
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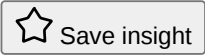
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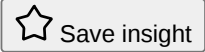
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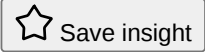


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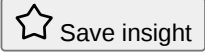
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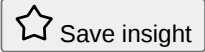
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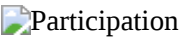
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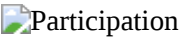


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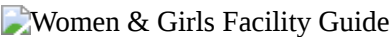


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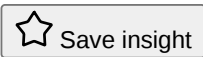
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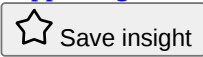
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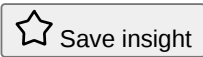
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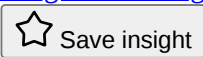
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