



## Vegetarians

-Vegetarian Diets should be well planned and appropriately supplemented

- Ensure adequate protein intake to meet your needs. This is 1.2-1.7 g/kg/d for athletes

-It is recommended that vegetarians increase their iron intake by up to 80% compared to non-vegetarians to prevent non-anemic iron deficiency

## Athletes w/ Physical Disabilities

-The energy requirement for athletes w/ physical disabilities is roughly 1500-2300 kcals/day on average

- Athletes w/ physical disabilities have roughly the same nutritional guidelines as athletes w/o physical disabilities

- It is important for athletes w/ physical disabilities to seek guidance from dietary professionals to determine the proper dietary needs for their sport and disability.

# Nutrition and Special Considerations

## Female Athletes

-Female athletes are at a higher risk of eating disorders and disordered eating

- Female athletes should aim to consume 1.5-1.5 g/kg/day in protein and ensure that 65% of their calories come from carbohydrates and that fats make up any remaining calories

- Female athletes should also ensure they are consuming adequate amounts of iron in their diets

## Gaining or Losing Weight

-Effective ways to lose weight are caloric restriction or excessive caloric expenditure. These should be done carefully and with the guidance of a dietary professional

- To gain weight, increase your caloric intake by up to 500 calories a day

-When gaining weight, try to eat every 2-3 hours. Accomplish this by adding snacks between meals

For references or more information, scan the QR code or visit <https://blogs.longwood.edu/internnutritionhydration/>

