

Energy

Your most important nutritional consideration is energy. Food provides the nutrients which supply energy.

The amount of energy needed will depend on the intensity, frequency, duration and type of exercise undertaken.

Total energy requirements will depend on your age, sex and body weight. In most cases, a steady body weight from week to week generally reflects that your energy needs are being met.

$$\begin{array}{rcccl} \text{Energy In} & = & \text{Energy Out} & = & \text{Steady Body Weight} \\ \text{(Food and drink)} & & \text{(Requirements and training)} & & \end{array}$$

However, you need to eat a wide range of foods, to ensure that all nutrient needs are met.

Young competitors will need additional energy for growth and development.

A nutritionally balanced, calorie-controlled meal plan to meet varying energy needs e.g. for those who need to lose or gain weight is available – ask your sports dietitian or registered sport and exercise nutritionist for more information.

If you are female and your energy intake regularly fails to meet energy expenditure, you are at risk of developing amenorrhoea (cessation of menstrual periods), which could have a detrimental effect on your bone health.

For information on [eating disorders in athletes](#), visit [beat](#), the UK's leading eating disorders charity (formerly known as the Eating Disorders Association).

This information is taken from 'Fuel for Performance, Nutrition for Sport',
a sports nutrition resource updated and revised by the following Welsh sports dietitians:

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