

Tips to Increase Energy Availability



Findings from prior research studies suggest that moderate increases in calories help reverse the hormone suppression resulting from low energy availability. For individualized recommendations, consult a sports dietitian.

Use these tips to:

- add calories & essential nutrients to snacks and meals.
- provide energy for exercise training and health.
- increase energy availability & reduce the risks of the Triad.

Add melted **cheese**, mashed **avocado**, or **hummus** spread to sandwiches or wraps



Sandwiches

Swap sliced bread for a **bagel**

Veggies

Saute or stir fry veggies with **vegetable oil**



Add **flaxseed**, **chia seed** or **nut butter** to smoothies



Smoothies

Salads

Sprinkle **sunflower** or **sesame seeds**, **nuts**, grated **cheese** or **olives** in salads



Pair crackers or pretzels with mixed **nuts** or **dried fruit**



Snacks

Mix in **dried cherries**, **apricots**, **cranberries** or **raisins** to cooked oats, cereal, or yogurt

Protein



Choose energy-dense protein foods with nutrient-rich sources of fat such as **salmon** or whole **eggs**

References

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Dueck CA et al. (1996) *Int J Sport Nutr.* 1996;6(1):24-40.