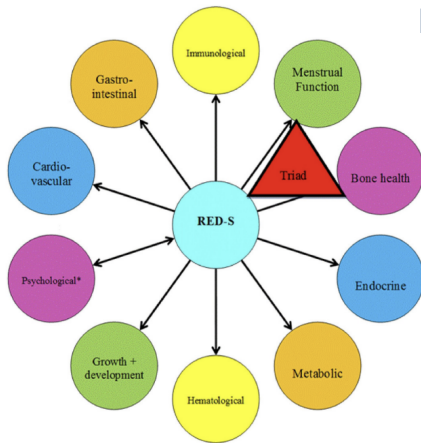


NUTRITION RESOURCES FOR PHYSIOS & PATIENTS



LOW ENERGY AVAILABILITY

- IOC consensus statement on relative energy deficiency in sport (RED-S): 2018 update: <https://bjsm.bmj.com/content/bjsports/52/11/687.full.pdf>
- 'The Physical Performance Show Podcast episode #198: Expert Edition: Dr Nicky Keay, 'RED-S, Hormones health & performance': <https://podcasts.apple.com/gb/podcast/198-expert-edition-dr-nicky-keay-red-s-hormones-health/id1102703989?i=1000463445175>
- 'The Physical Performance Show Podcast episode #297: Renee McGregor 'Fuelling the Endurance Athlete' Q&A: <https://podcasts.apple.com/us/podcast/297-renee-mcgregor-fuelling-the-endurance-athlete-q-a/id1102703989?i=1000541480389&l=ar>
- AIS Disordered Eating Early Identification and Prevention Policy: https://www.ais.gov.au/_data/assets/pdf_file/0004/1037875/AIS-Disordered-Eating-Early-Identification-and-Prevention-Policy.pdf

NUTRITION FOR INJURY MANAGEMENT & REHAB

- Rehabilitation Nutrition for Injury Recovery of Athletes: The Role of Macronutrient Intake: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7468744/>
- Nutritional Support for Exercise-Induced Injuries: <https://link.springer.com/article/10.1007/s40279-015-0398-4>
- We DO Science Podcast Episode 109 - "Collagen Peptides for Injury Prevention & Tissue Repair" with Professor Keith Baar: <https://www.wedosscience.com/episode-109-collagen-peptides-for-injury-prevention-tissue-repair-with-professor-keith-baar/>
- Nutritional and Supplementation Strategies to Prevent and Attenuate Exercise-Induced Muscle Damage: a Brief Review: <https://sportsmedicine-open.springeropen.com/articles/10.1186/s40798-018-0176-6>