Abstract

Feeding the Human Superorganism—Food and Diet Quality Are Key to a Healthy Future †

Megan Ogilvie 1,* and Dane Baker 2

1 Fertility Associates, Auckland 1051, New Zealand
2 Department of Human Nutrition, University of Otago, Dunedin 9016, New Zealand; dane.baker@otago.ac.nz
* Correspondence: mogilvie@fertilityassociates.co.nz
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Abstract: Lowered energy availability (LEA) leading to the female athlete triad or Relative Energy Deficiency in sport are conditions that are becoming increasingly prevalent in athletes. The concept of low energy availability and the accompanied impaired physiological functioning will be discussed. Whilst the male athlete triad will be acknowledged, the increased research availability in women will dominate these talks. How LEA presents and how it is diagnosed will be discussed and the key focus will be the vital role that the dietician plays in diagnosis, management and education. Why this condition is important to athlete health and performance will be covered. How to guide an athlete to maintain an appropriate energy availability that leads to optimised health and performance will also be outlined.

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