

Relative Energy Deficiency in Sport (RED-S): Evaluating the Impact on Health and Performance

February 1: 1:00 pm-2:00 pm EDT

For more information and further reading on RED-S:

1. Nutrition and Athletic Performance: A joint position statement by the Academy of Nutrition and Dietetics (AND), Dietitians of Canada (DC), and American College of Sports Medicine (ACSM) covering topics and guidelines for sports nutrition in active adults and athletes.
 - Citation: Thomas, D.T., Erdman, K.A., & Burke, L.M. (2016). Joint position statement: Nutrition and athletic performance. *Medicine & Science in Sports & Exercise* 48(3), 543-568. DOI: 10.1249/MSS.0000000000000852 https://journals.lww.com/acsm-msse/Fulltext/2016/03000/Nutrition_and_Athletic_Performance.25.aspx
2. The IOC consensus statement: beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S)
 - Citation: Mountjoy M, et al. *Br J Sports Med* 2014;48:491–497. doi:10.1136/bjsports-2014-093502 <https://bjsm.bmj.com/content/bjsports/48/7/491.full.pdf>
3. Navy Medicine Provider Guide: Relative Energy Deficiency in Sport (RED-S)
 - Link: https://www.med.navy.mil/Portals/62/Documents/NMFA/NMCPHC/root/Health%20Promotion%20and%20Wellness/Women's%20Health/Documents/Musculoskeletal/RED-S_Provider_Guide_June_2022_vF.pdf
4. Sports and Human Performance Nutrition Practice Group of the Academy of Nutrition and Dietetics: <https://www.shpndpg.org/educational-resources>
5. Collegiate and Professional Sports Dietitians Association: <https://sportsrd.org/downloadable-resources/>
6. NCAA Sports Science Institute: <http://www.ncaa.org/sport-science-institute/nutrition>
7. TEAM USA Nutrition: <https://www.teamusa.org/nutrition>