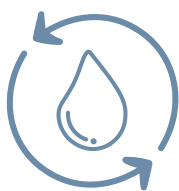


In addition to routine assessment questions for selective eating, we recommend these additional sport-specific questions for a more complete assessment of a youth athlete's selective eating and to help rule out disordered eating and/or RED-S.

	Training Schedule. We need to understand any sport-specific information. We need to know the frequency of practices and game schedule, timing for practices/games, intensity of training, differences between in-season vs. off-season training, position played etc. Be sure to ask about their activity level outside of their primary sport (e.g. school gym class, other curricular activities etc.) This helps to inform their overall energy needs. <i>*Don't forget that teens have higher energy needs during puberty.*</i>
	Past/Current Injuries. If they have struggled with injuries, it's important to discern how much of these injuries may have been related to nutrition and/or any deficiencies caused by their selective eating.
	Food Beliefs. We need to tease apart their <i>food preferences</i> vs. <i>food beliefs</i>. Athletes can be 'all-or-nothing' thinkers and may disguise food beliefs as food preferences. We want to find out whether their selective eating is truly 'selectivity' or whether there is any disordered eating, fad diets or food rules playing a role. Assessing parental food beliefs is important too as they influence their child and purchase and make food in the home.
	Menstruation. Female athletes ~10 years and older should be asked if they have had a menstrual cycle, the age of onset of menarche, regularity of their cycle, cycle length, use of oral contraceptives etc. If a female is 15 years of age and has not had a menstrual cycle, this requires further assessment by a physician.
	Parent/child mealtime expectations. Parents of youth athletes can have high expectations of their youth athlete to 'take care of themselves' and 'eat better' for their sport. It's important to understand the dynamic around food between parent and child and whether that relationship is increasing the child's selectivity.