



SINGAPORE NUTRITION AND
DIETETICS ASSOCIATION

SPORTS NUTRITION INTEREST GROUP
ANNUAL CE EVENT 2025

FUELLING FEMALE ATHLETES:

THE INTERSECTION OF NUTRITION AND THE MENSTRUAL CYCLE

BY DR CHERIANNE TAIM

WED, 17 SEP 25

**8 - 9 PM
VIRTUAL (ZOOM)
1 CE POINT**

Kindly register [here](#) by 16th
Sept, 11:59pm

In recent years, sport and exercise science has seen significant growth in research focused on female athletes. Alongside the growing momentum in women's sports, there is increasing recognition of the menstrual cycle as a key factor in female athlete health and performance. Nutrition, among other biopsychosocial factors, plays a central role in supporting menstrual function. In this talk, Dr Cherianne Taim will explore the interplay between the menstrual cycle and nutritional considerations in female athletes. Drawing on the latest research evidence, she will address questions such as whether female athletes need to fuel differently across the menstrual cycle, and the role of nutrition in managing menstrual cycle-related symptoms. She will also present practical case studies from her work as a sports scientist within multidisciplinary teams, including sports nutritionists and dietitians. This talk aims to equip sports nutrition professionals with an evidence-informed understanding of how menstrual cycle physiology intersects with nutrition, while raising awareness of key considerations in supporting the female athlete.

ABOUT THE SPEAKER

Dr Cherianne Taim is a Sport Physiologist at the High Performance Sport Institute (HPSI) in Singapore. She holds a PhD in female exercise physiology, and her research focuses on advancing female-specific health and performance support in elite sport. In particular, her work explores the interplay between the menstrual cycle and various aspects of female athlete health, well-being, and performance.

During her PhD, she worked with practitioners and world-class athletes from Ireland's national women's Hockey, Boxing, and Cricket teams. More recently, she served as a female health advisor to the London City Lionesses, a professional football club in the Barclays Women's Championship in the UK. She is passionate about improving female health literacy and supporting the participation of girls and women in sport.

