

DANCE NUTRITION

A guide for young Dancers

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Get the most out of dance:

- Eat Healthy
- Get plenty of rest
- Drink plenty of water
- Remember, you are growing!

TIP:

Don't eat food your grandmother wouldn't recognize.

TIP:

Enjoy desert, just not all the time!

The material presented here is meant to be a general presentation highlighting the importance of nutrition for dance. If you have specific questions or any medical issues, please consult your physician.

General nutrients:

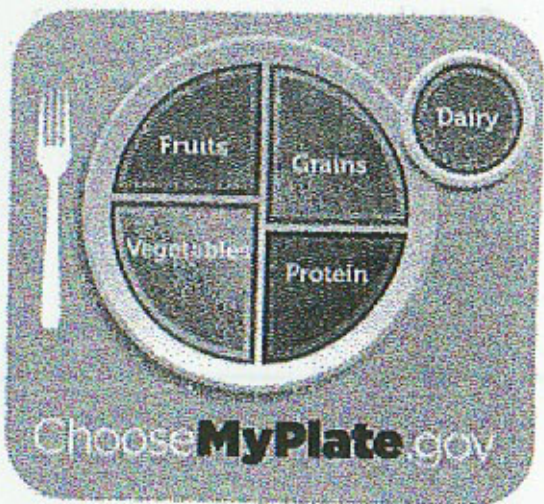
1. Carbohydrates: breads, pasta. These give us energy.
2. Protein: meat, cheese, milk. Provides the ability of the body to repair itself.
 - a. Can be supplied by a vegetarian diet...
3. Fat: oils, nuts, avocado. An essential nutrient and not "the bad guy" when eaten in moderation.
4. Water. Very important for a variety of reasons.

Food Groups:

1. Vegetables: important for overall health
2. Fruit: a good sweet option
3. Grains: for long term energy
4. Protein: to restore the body
5. Dairy: bone health

TIP:

Fresh or home made is almost always better than processed, canned, or fast food.



TIP:

Make your plate colorful to ensure you are getting all of the important nutrients you need.

* Gummy Bears don't count *

FINAL THOUGHT

As a young, growing dancer your body will change and develop. It is important to eat healthy and enjoy dancing. Not everyone can be a professional ballerina, but everyone can benefit from good nutrition and from dance. Talk to your parents about healthy eating.

Want more information?

Suggested Link:

www.hsph.harvard.edu/nutritionsource