

Nutrition for Dancers

Healthy eating is important to dancers, because they need to keep their muscles and bones strong for their athletic work. Three SLB dancers give examples of what they might eat in one day to stay energized throughout long rehearsal days.

Dancer	Breakfast	Lunch	Dinner	Snacks
Audrey	Oatmeal, walnuts dry blueberries, coffee	Raw veggies, beef jerky, string cheese, water	Salmon, brussel sprouts, couscous, water	Granola bar or crackers, cup of soup, banana
Colin	Raisin Bran, glass of chocolate milk (alternate breakfast: eggs)	Salad w/ crab meat, yogurt, protein bar, apple, lots of water!	"Santa Fe" steak (w/ onions, salsa verde, and garlic), steamed veggies, Lemonade	Taquitos, one can of Coca- Cola
Liz	Whole wheat toast w/ almond butter, banana, chia seeds, coffee	Veggie Wrap (wheat tortilla, black beans, spinach, tomato, avocado), carrot sticks, blueberries, sparkling water	Side salad (lettuce, cucumber, tomato) Chickpea Pasta, Meatless "Meat" marinara sauce (with tofu crumbles)	Watermelon, trail mix (nuts & cranberries), protein bar, strawberry popsicle

Reflective Questions:

1. Notice that every dancer needs different foods. Based on the chart above, which dancer follows a vegan diet (no meat or dairy – only plant-based foods)?
2. Using the food plate, can you sort each dancer's daily diet into food groups on the chart below?



Dancer	Fruit	Grain	Veggie	Protein	Dairy
Audrey					
Colin					
Liz					

3. What are some of your favorite healthy foods that you like to eat?
