


Nutrition

The bodies of young dancers must be able to meet the demands of exercise and performance. A well-balanced diet of fruits, vegetables, protein, dairy products, and whole grains is an important part of being a dancer.



A Healthy Dancer's Daily Diet should generally be composed of about:

55-60% CARBOHYDRATES:



Whole grain breads, pasta, rice, fruits and vegetables

The breakdown of carbohydrates provides the primary fuel for muscles to contract and move the body.


20-30% FAT:



The healthiest kind of fats are unsaturated and can be found mainly in fish, nuts, seeds, and oils from plants such as olive oil

Fat is an important fuel for muscles.

12-15% PROTEIN:



Chicken, turkey, tofu, mixtures of beans and rice

Protein is needed to repair stressed muscles and to make enzymes necessary for metabolism.

Daily Caloric Guidelines

Suggested Guidelines for young dancers

Ages 4 to 6

Boys and girls need about 46 calories per pound of body weight.

Ages 7 to 10

Boys and girls need about 32 calories per pound of body weight.

For example, a 4-6 year old child weighing 50 pounds would need 2,300 calories a day (50 pounds x 46 calories = 2,300).

Adequate Fluids

Young dancers must stay hydrated!

A water bottle should be part of any young dancer's gear. Small amounts should be consumed every 15 minutes during rigorous exercise.

Because all functions in the body take place in an aqueous (water) environment, adequate fluid intake is essential to maintain the body's hydration to ensure the ability to perform at one's best.

Angelina's Tomato Basil Pizza Snack

Ingredients:

- 1/2 whole wheat English muffin
- 2 tbsp. tomato sauce
- 2 tbsp. part skim mozzarella cheese
- 1 tbsp. fresh basil, chopped
- 2 tsp. tomato, diced

Nutritional analysis per serving (1/2 muffin):

- 154 calories
- 10 g protein
- 6 g fat
- 3 g sat. fat
- 15 g carbohydrate
- 227 mg calcium



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Directions: Set the oven to low heat and place English muffin on a small baking sheet. Spread tomato sauce over muffin and top with cheese. Sprinkle fresh basil and tomato on top. Bake in the oven on low heat for about 5 to 8 minutes. Let cool for a minute, then enjoy!

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