Nutrition for Dancers

Carbohydrates
- Apple
- Bagel (whole wheat)
- Banana
- Bread (whole wheat)
- Cereal (Cheerios, Kix, Rice Krispies, Corn Flakes)
- Corn
- Fruit
- Hot Cereal
- Milk (1% or skim)
- Noodles
- Potatoes
- Pretzels
- Tortillas

Proteins
- Lean beef, chicken, turkey
- Fish
- Eggs (yolks 2 per week)
- Low-fat dairy products
- Dried beans and legumes
- Peas
- Peanut butter
- Nuts and seeds

Fats
- Canola, olive or peanut oil
- Reduced fat margarine
- Reduced fat mayonnaise
- Corn, safflower or soybean oil
- Reduced fat salad dressing

Fluid
- Cold water
- Sports drinks
- 100% fruit juice

Before Activity – 10-14 ounces of fluid 1-2 hours before an activity
During Activity – 3-4 ounces every 15 minutes
After Activity – 1-2 cups immediately after exercise OR drink at least 16 ounces for every pound lost