

Dance Team Nutrition

- **FOOD IS FUEL! Do not expect to perform on an empty tank!**
- **Carbohydrates are your body's most easily accessible fuel source.**
 - Simple carbs: Used by your body right away. Fruit, Gatorade, sugary foods
 - Complex carbs: Remain in your body for numerous hours. Pasta, bread, potatoes, crackers, pretzels. Try to eat whole grain when possible (ie wheat vs white bread).
 - Important to get a combination of both types of carbs. Shoot for 3.0-5.0 grams per kilogram body weight. (your weight in lbs. / 2.2 = your weight in kg.) For example, 180 lb = 82 kg. (82kg x 3 grams = 246 grams of carbohydrates a day)
- **Protein is responsible for rebuilding muscle after exercise.**
 - Strive for 1.4 to 1.8 g. protein per kg body weight.
 - Your body can only absorb 20g. every 2 hours, so spread the protein intake over the course of the day. Milk is as effective as expensive protein powders at delivering the necessary amounts of protein!
 - Lean proteins are best: chicken, turkey, venison, lean beef, fish, nuts, eggs, yogurt
- **Fat is used as a fuel source during long duration exercises and also help you feel fuller longer.**
 - Big difference between 'good' and 'bad' fats! GOOD: nuts, avocados, peanut butter, cheese. BAD: oils, chips, anything fried
- **Water is essential for all organ and muscle function.**
 - Your muscles cannot fully work if they are dehydrated. Strive for a gallon of water on high exertion days. Avoid pop and energy drinks. . .they dehydrate you more than help you!
- **Pre-Practice/Pre-game meals**
 - Try to eat within 2 hours of event. Have both simple and complex carb foods – like fruit and a bagel, or oatmeal and juice.
- **Post-workout meals**
 - REFUEL! Try to get nutrients in your body within an hour of working out. Yogurt, milk, fruit, veggies, etc. Try to get 20 g. of protein every 2 hours after a strenuous workout.

Good nutrition needs to be **EVERY DAY**, not just on game days!

Just For Kix

Some good high energy recipes:

Post-workout Smoothie

1 c. yogurt
1 c. milk
1 c. mixed berries (keep them in your freezer and they will make your smoothie even colder). Blend til smooth. Add juice if you want it thinner consistency.

All Natural Energy Bar

1 c. honey
1 c. peanut butter
4 c. quick oatmeal
1 c. add-ins (chocolate chips, raisins, soy nuts, sunflower seeds, raisins, etc). Mix all together and press into 13x9 pan