What about Snacks?

Healthy snacks are okay. Too much bad fat in snacks can cause heart disease. Too much sugar can cause diabetes.

Healthy Snacks
- Fruits or vegetables
- Low-fat yogurt
- A handful of nuts or seeds
- Peanut butter on celery

Snacks Only for Special Occasions
- Potato chips
- Soda pop or Koolaid
- Candy bars, cake, cookies

Why should we eat?
Because we are hungry
To keep our bodies healthy

Why shouldn’t we eat?
Because we’re sad
Because we’re bored
Because food is there
Because we’re lonely

What could we do instead of eat?
Dance
Exercise
Read a book
Talk to a friend

Banana-in-a-Blanket
1 – 6 inch whole wheat tortilla
1 Tbsp low-fat peanut butter
1 medium banana
1 tsp maple syrup or honey
1Tbsp crunchy cereal or granola

Spread peanut butter onto tortilla. Slice banana and scatter slices over peanut butter. Sprinkle the cereal or granola over the bananas and drizzle the honey of the top. Roll up and enjoy!

Nutty Popcorn and Fruit Mix
Plain microwave popcorn
Nonstick cooking spray
2 Tbsp grated parmesan cheese
1-1/2 cup peanuts or almonds
1 cup mixed dried fruit

Pop popcorn and put in bowl. Spray lightly with cooking spray. Sprinkle parmesan cheese to coat popcorn. Stir in nuts and dried fruit. Put in baggies for a quick snack at school or dance.

Healthy Snack Recipes

Resources

Healthy Choices for Healthy Dancers

It is important to take care of our bodies so we stay healthy and have the energy to do the things we enjoy – like DANCE! How do we do that?
- Eat right.
- Exercise 1 hour every day
- Sleep 8 hours every night
- Drink 6-8 glasses of water every day.
**Macronutrients** include proteins, fats, and carbohydrates. They provide our bodies with energy (measured in kilocalories).
- Protein = 4 kcal
- Carbohydrate = 4 kcal
- Fat = 9 kcal

**Micronutrients** are vitamins and minerals. They help:
- Prevent infection and disease
- Build strong bones
- Improve eyesight
- Use energy from macronutrients

**VEGETABLES & FRUITS**
Dancers need a lot of energy. Vegetables and fruits are full of vitamins and minerals that help us use energy from fats, carbohydrates, and proteins.

**Dark green**
- Broccoli, romaine lettuce, spinach

**Red/orange**
- Squash, carrots, tomatoes, red peppers

**Starchy**
- Potatoes, corn, peas

**Other**
- Cauliflower, celery, green beans, zucchini, asparagus

**Fruits**
- Bananas, apples, oranges, grapefruit, peaches, raisins, grapes

**Grains**
Grains help to build strong bones, help muscles use energy, and help us to feel full so we do not eat more than we need.
- 1 slice of bread
- 1 oz of cereal
- ½ cup of pasta or rice
- Crackers or popcorn

**OILS & FATS**
Fats are found in meat and many other foods. Healthy fats and oils prevent heart disease and fight infection. Saturated fat may cause heart disease or cancer.

**Healthy fats and oils**
- Nuts, sunflower seeds
- Salmon, tuna, trout
- Olive, canola, sunflower oils

**Saturated fat**
- Beef, pork, chicken fat
- Butter, whole milk, ice cream

**Protein**
Dancers use muscle to turn, leap, tap, and tumble. Protein provides energy and builds muscle. It is important to pick lean protein sources to keep your heart healthy.
- Lean beef or pork
- Chicken, fish or salmon
- ½ cup black, kidney, or pinto beans
- ½ ounce almonds, peanuts, cashews, or sesame seeds

**Dairy**
Young dancers need 3 cups of milk or other dairy foods per day to make sure their bones and teeth are growing and getting stronger. Strong bones help to prevent injuries from jumping and leaping.
- 1 cup skim or 1% milk
- 1 regular carton yogurt
- 2 slice natural cheese
- 2 cups cottage cheese

**My Plate**
My Plate is a tool to help us eat the right foods, by showing us what should be on our plates.