



THE ART OF FUEL

Nutrient Ranges

- Carbohydrates: 55–60% of calories
- Fat: 30% of calories
- Protein: 1.2–1.4 g/kg of bodyweight
- Fiber: 25 g/day for women, 38 g/day for men
- Water: 9+ C/day for women, 13+ C/day for men

Eating for Performance

- 3–4 hours prior
 - Oatmeal and eggs
- 1–2 hours prior
 - Carrots and apples
- 30 minutes prior
 - ½–1 banana
- Recovery
 - Greek yogurt + berries or protein shake

Performer Nutrition Tips

- Pack snacks for performances and practices/rehearsals
- Flavor water with fruit to encourage hydration
- Incorporate healthy fats by mixing chia seeds into smoothies or hemp seeds into salads

Sources:

1. Ambegaonkar JP, Brown AF. Nutrition Periodization in Dancers. *Physical Medicine and Rehabilitation Clinics of North America*. 2021;32(1):65–73.
doi:<https://doi.org/10.1016/j.pmr.2020.09.001>

2. Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes, Total Water and Macronutrients, A Catharine Ross, Taylor CL, Yaktine AL, Del HB. – Dietary Reference Intakes for Calcium and Vitamin D – NCBI Bookshelf. Nih.gov. Published 2011.
<https://www.ncbi.nlm.nih.gov/books/NBK56068/table/summarytables.t4/?report=objectonly>