

## 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

## HEALTHY SNACK RECIPES

### 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.

**W**hy should we eat?  
Because we are hungry  
To keep our bodies healthy

**W**hy shouldn't we eat?  
Because we're sad  
Because we're bored  
Because food is there  
Because we're lonely

**W**hat could we do instead of eat?  
Dance  
Exercise  
Read a book  
Talk to a friend



## HEALTHY DANCERS

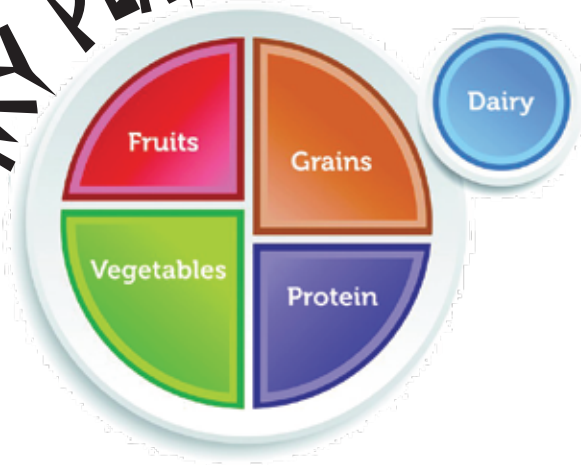
## RESOURCES

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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.

# MY PLATE



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

## TYPES OF NUTRIENTS

**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

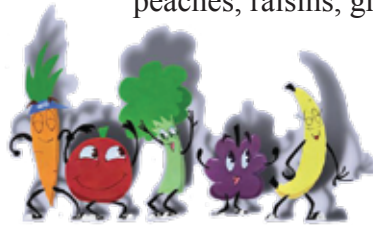
- Potatoes, corn, peas

### Other

- Cauliflower, celery, green beans, zucchini, asparagus

### Fruits

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



## 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



## 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

## 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

