

# Performance Nutrition Guideline

## For Dancers and Performing Artists

This is a one-pager guide that provides you with a framework for dance- and performance-nutrition.

### 1. Create Rhythm

- Eating regularly helps improve digestion, gut function, blood sugar control and metabolism, and stabilises energy levels. It also reduces the likelihood of extreme-eating such as restriction and binge eating.

### 2. Eat Adequately

- Your body can perform at its best when it is adequately fuelled.
- Eating enough helps optimise bone and muscle health, cognitive function (focus and concentration), and recovery.
- Eating from all food groups and a variety of them, leads to greater abundance of vitamins and minerals, reducing the risk of nutritional deficiencies.

### 3. Hydrate Well

- Proper hydration improves performance, and prevents fatigue and cramps.

### 4. Bone Health

- Good bone health reduces injury risk and prevents complications of osteopenia and osteoporosis.

### 5. And most importantly: Dancers Don't Diet

- Dietary restrictions can lead to nutritional imbalance and consequences such as increased risk of injury, RED-S, and eating disorders, and longer duration to recovery from an injury.

Creating a space that allows nourishment for your body for optimal performance is a teamwork between yourself, parents/partners/family, teachers, staff, studio/company, and health professionals around you. For information and inquiry about our Nutrition Workshops for dancers, teachers, staff, and health professionals at dance studios, schools, and companies, please contact us.

This guide was created in teamwork with Shane Jeffrey (River Oak Health, QLD). Please visit his website at <https://www.riveroakhealth.com.au>

Please note that this information is for general use only and it is not to be used as a personal medical advice

