

TOP 15 Snack Ideas for Dancers

(Pre/During Practice and at Competitions)

- *Protein Power Balls- (recipe on other handout)- made from nut butter, raisins, oats, and sunflower seeds*
- *Greek Yogurt with fruit or granola*
- *Higher Calorie Protein Bars- good choices include- Lara Bars, Rx Bars, and NuGo Bars (great especially when traveling or at competitions)*
- *String cheese and an apple*
- *Hummus and Pita/pretzels*
- *Turkey sandwich on whole grain bread*
- *Homemade Trail Mix- mixed nuts and dried fruit (also great for competitions)*
- *Rice cake or toast with peanut butter (recommend 2)*
- *Fruit cheese and nut snack packs (eg Sargento balanced break)*
- *Cottage cheese and fruit*
- *Egg white bites (eg starbucks has them) and crackers/fruit*
- *Boiled egg and oatmeal*
- *Oatmeal and nut/fruit mix (usually options at hotels)*
- *Non-buttered popcorn and sunflower seeds*
- *Banana and Peanut Butter (Justin's peanut butter single packs are a good option when traveling)*

These snacks are just some options that provide you with balanced nutrition to help you have the energy to start practice or keep going through practice or a competition. Many of the options can either be packed in advance of a competition or found at your average hotel coffee shop. Also, these snacks should be light enough for most dancers where you don't get an upset stomach when eating these things before dancing. If you have a sensitive stomach try the lighter choices like toast and peanut butter, a handful of trail mix, or a protein bar

Drinks: When practicing or dancing for more than one hour, drinks like Gatorade or using electrolyte drops in your water are good to include to keep you going and feeling well hydrated and energized. I do recommend drinking 2-3 cups of plain water to every one cup of Gatorade/electrolyte water for a good balance!