



NUTRITION

Kirov Academy of Ballet Nutrition News

Summer 2016

Summer Nutrition Education

The Summer Nutrition Education will be provided in two forms, a weekly class and a corresponding education bulletin board. The following topics will be addressed.

Week 1 - Fueling the Dancer

- Are you getting enough Fuel?
- What 's what ? Identifying needed nutrients
- Supporting Energy & Developing Lean Muscle Mass
- Hydration

Week 2 - Weight Management & Body Image

- What is a Healthy Weight?
- Disordered Eating (signs, symptoms, myths, how to manage)

Week 3 - Building Strong, Resilient Bones & Joints

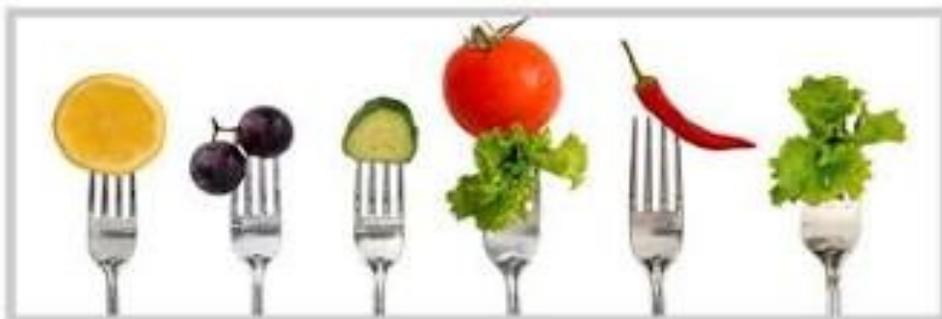
- What should I include and limit for best results ?
- Dispelling Myths, it's more than just Calcium
- Injury prevention and Anti-inflammatory meal planning

Week 4 - The Well Dancer

- What does health and wellness mean to me? What does it look and feel like?
- Stress Management - Join the 3H Club ! Cultivating Healthy Helpful Habits
- Gastro-intestinal Health and Digestion
- Foods and Mood



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Weight Management and Body Image

Historically Ballet has promoted a very thin, tall aesthetic. For many dancers this places a strain on their self perception. For dancers struggling with body image, here are few tips you must consider -

1. You have gotten where you are today not in spite of your body but because of your body. Treat it with Love.
2. There is a difference between staying in shape and supporting your craft and punishing yourself.
3. There is a difference between being hard on oneself and beating oneself up.
4. Just as you learn techniques of Ballet, you must learn and use techniques for loving your body and how to compliment it without hesitation.

Fueling The Dancer

We know the art of Dancing requires more than just creativity, flair and style. Strength, power, stamina, flexibility, agility, grace, mental & emotional clarity, virtuosity and finesse are all elements that make dance so great and the dancer so revered. The ability to deliver these elements effortlessly is what sets the professional with longevity apart from the amateur and the dancer whose career is cut short due to injury. At the base of acquiring and developing these elements is ones ability to properly fuel with food. Contrary to popular belief, Proper fueling will not result in a gain of body fat.

What if I do not get enough fuel

Inadequate fueling can lead to fatigue, poor attention, slowness, cramping, decreased overall strength, impaired performance. It can slow metabolic rate and can decrease muscle tone. This can adversely affect hormone balance, bone health, immunity and increase the risk of injury. It can adversely affect mood, attitude, concentration and outlook.

What Do the Pros Eat?

The Key to lasting energy and satisfaction is eating **Protein and Fiber** with all meals and snacks. Aim to eat 90% of your meals as Healthy and on “Ballerina Tract” and allow yourself the freedom to eat 10% of your foods for fun as needed. If you feel better dancing on a lighter stomach keep your breakfast and lunches lighter and have a solid dinner meal. If you are mindful of your weight aim to limit snacks to 200 calories or less . **How Does Your Day Compare ?**



	Breakfast	Lunch	Dinner	Snack
Day 1	Eggs with whole grain toast and roasted vegetables or a Roasted vegetable omelet	Salad greens with lots of your favorite colorful vegetables and grilled fish (or 1 cup of beans or 2 boiled eggs)	Tofu with a Broccoli and Cauliflower stir fry or squash noodles with ground turkey tomato sauce	An apple with 1-2 tablespoons of peanut butter
Day 2	Greek Yogurt Parfait with Granola	Grilled Shrimp with roasted vegetables, lettuce, avocado wrapped in lettuce or on a whole grain tortilla	Grilled fish or 1 cup of lentils or beans with brown rice and a bowl of julienned peppers, carrots, squash	Greek yogurt with a banana or with 1/4 cup of walnuts and 1/4 cup of raisins
Day 3	Left Over Chicken stir fry with vegetables	Hearty soup (Bean, lentil , minestrone or chicken noodle soup) with 1/2 an apple and 2 Tablespoons of Peanut Butter	Grilled pork tenderloin with your favorite colorful grilled vegetables and 1/2 cup of a quinoa	Sliced avocado on 6-8 whole grain rice crackers

Disordered Eating

According to the National Eating Disorders Collaboration, eating disorders are serious mental illnesses that are not a lifestyle choice or a diet gone “too far.”

The British Dietetic Association further notes that eating disordered behaviors arise from psychological difficulties and are a way of coping with and communicating distress.

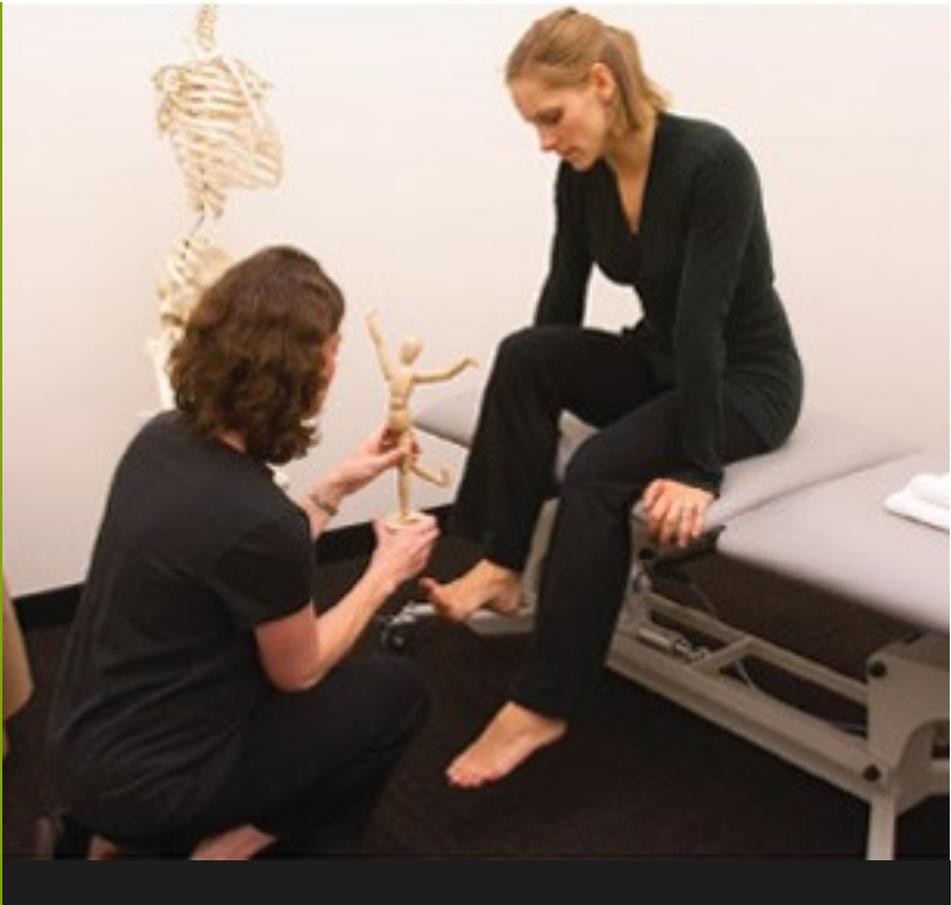
Persons with disordered eating often seek help for other seemingly unrelated health complaints. Common Health Presentations include (emotional problems, weight loss, gastro-intestinal problems, infertility issues, injuries caused by over-exercising, fainting or dizziness, feeling fatigued or not sleeping well, feeling cold most of the time regardless of the weather, swelling around the cheeks or jaw, calluses on knuckles, damage to teeth and bad breath).

Eating disorders are associated with significant physical complications and increased mortality. They are associated with major wide-ranging and serious medical complications which can affect every major organ in the body.

There is an average delay of about 4 years between the start of disordered eating symptoms and the first treatment. This delay can be 10 or more years.

With regards to managing, treating and overcoming eating disorders, dietary counseling should not be the sole treatment provided. A structured team of specialists (Primary Care Physician, Psychiatrist, Psychologist, Psychiatric Nurse, Family therapist, Social Worker, School Counselor)

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Building Strong, Resilient Bones

The International Association of Dance Medicine and Science reports that healthy bones are formed from calcium and other minerals (about 65% by weight; these give bone its strength), and from a matrix of collagen and other proteins (about 35% by weight; these give bone its flexibility).

The collagen matrix is crucial for maintaining bone flexibility, and may be more essential to preventing fractures than calcium content. Without the matrix, bones rich in calcium can be dense, hard and brittle, thus at higher risk for fracture.

Poor nutrition, disordered eating, and excessive training can lead to hormone imbalance followed by delayed menarche (onset of menses) or amenorrhea (loss of menstrual cycle) which can frequently cause sub-optimal bone mineral density in the young dancer. Longitudinal research also indicates that low bone density is most evident in advancing years, following retirement. Thus, a balance between healthy nutrition and training is essential for building strong bones.

Nutrients required for healthy bone formation include (Calcium, Vitamin D, Protein, Vitamin C, Magnesium, Phosphorus, Potassium and Vitamin K). Having a simple Breakfast of full fat or 2% yogurt, with sunflower seeds or nuts along with berries and any of your other favorite fruits ensures that you get all of the above listed nutrients.

Just as important is limiting or avoiding foods and lifestyle activities that diminish bone density. Smoking, caffeine, alcohol and anti-seizure medications can diminish bone density. Also oxalates found in nightshade vegetables (eggplants, potatoes, tomatoes and peppers) prevent the absorption of calcium. So, limiting to 3 times a week may be helpful

The Well Dancer “what does wellness mean to me?”

Wikipedia defines health as the level of functional or metabolic efficiency of a living organism; while Webster’s dictionary defines wellness as the quality or state of being in good health especially as an actively sought goal. Wikipedia further notes that wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being.

The rigors of dance can be very demanding on the body, mind, spirit and emotions affecting overall wellness. Establishing healthy habits early on in one’s dance life can provide the foundation for cultivating and maintaining a sense of wellbeing as well as support stronger performances and career longevity.

Tips

- Get at least 6 hours of sleep a night
- Eat Whole Foods Daily
- Find a hobby or activity that allows you to relax and decompress
- Find community and stay connected with people you trust and who support you
- Remain Smoke Free
- Be conscientious about what keeps you healthy and stick to it
- Love and Cherish yourself

What do you know about Growth Spurts?

Did you know that physiological changes associated with the adolescent growth spurt can temporarily diminish a dancer’s technical proficiency and increase vulnerability to injuries. Growing bones and muscle that has not yet caught up can diminish flexibility, stability and range of motion. The loss of technique in combination with normal adolescent emotional challenges can lead to a lack of confidence and low self-esteem. Adolescent dancers should trust that they will regain their technical control and resume their progress once the growth spurt has ended.

Kirov Academy of Ballet DC— Nutrition

Disordered Eating Continued...

Recovery

The freedom that comes from getting your value from loving yourself for who you truly are rather than how you look is possible only with recovery.

The road to disordered eating recovery starts with admitting you have a problem. This admission can be tough, especially if you are clinging to the belief that weight loss is the key to happiness, confidence and success as a dancer.

There’s Hope

Eating disorder behaviors that have been learned can be unlearned if one is motivated to change and willing to ask for help.

True recovery involves learning to

- Listen to your body
- Listen to your feelings
- Trust yourself
- Accept yourself
- Love yourself
- Enjoy life again

Contact

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