

PERFORMANCE NUTRITION STRATEGIES

Build a Bento

QUICK ENERGY + HYDRATING

- Apples
- Berries
- Cantaloupe
- Grapefruit
- Grapes
- Honeydew
- Mango
- Oranges
- Peaches
- Pears
- Pineapple chunks
- Watermelon



SLOW-RELEASED ENERGY

- Bananas (greener)
- Beets
- Brown rice
- Buckwheat
- Carrots (raw or cooked)
- Corn
- Crackers
- Muffins
- Noodles
- Oatmeal/Oats
- Pasta
- Plantains
- Quinoa
- Sweet potatoes
- Tortillas and wraps
- Whole grain bread



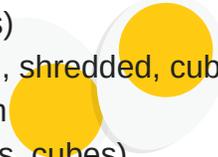
ENERGY DENSE NIBBLES + BITES

- Almonds
- Avocado
- Cheese (slices, cubes, sticks)
- Coconut
- Nuts
- Olives
- Pistachios
- Pumpkin seeds
- Sunflower seeds



BUILDING BLOCKS

- Beef (ground, shredded, kabobs)
- Chicken (dark or white meat)
- Cottage cheese
- Edamame
- Eggs
- Fish (tuna, salmon, cod)
- Legumes (black beans, kidney beans, lentils)
- Pork (ground, shredded, cubed)
- Tofu/Tempeh
- Turkey (slices, cubes)
- Yogurt (cow, goat, sheep, soy)



QUICK ENERGY

- Bananas (ripe)
- Canned fruit
- Chocolate
- Fruit leather
- Gelatin gummies
- Granola/bars
- Trail mix



HOLD SPACE

ENERGY DENSE DIPS + SPREADS

- Peanut butter
- Cashew butter
- Sunflower seed butter
- Guacamole
- Bean dip
- Hummus

STURDY CARRIERS + HYDRATING

- Apple Slices
- Bell pepper slices
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Jicama
- Kale
- Mushrooms
- Romaine leaves
- Snap peas
- Tomatoes
- Zucchini





eat well, live well

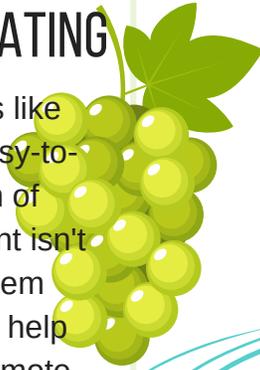
KRISTIN KOSKINEN, RDN

PERFORMANCE NUTRITION STRATEGIES

Build a Bento

QUICK CARBS + HYDRATING

Quick carbs + hydrating foods like fruit offer ready-sources of easy-to-use carbohydrates in the form of sugar. Their high water content isn't the only reason to consider them hydrating. Sugar and sodium help with water absorption and promote hydration, which makes them a great part of your overall hydration strategy. Keep these foods in your bentos to give you a quick boost of energy when you have limited time to eat.



SLOW CARBS

Slow carbs are complex carbohydrates. Their longer chains of glucose make them slower to digest. This helps to give you a consistent flow of energy rather than a quick hit. Slow carbs help you feel full longer as well as keep your energy levels balanced while you're at the studio.

QUICK ENERGY

These are good choices for quick energy but don't have the hydrating benefits of fruits and veggies. Make sure to keep up with your water intake when choosing quick-energy foods like dried fruit or granola. These are foods to eat in moderation so you don't end up with a stomach ache during class, rehearsal, or a performance.

ENERGY DENSE NIBBLES + BITES



Sometimes (ok, most of the time) you have just a few moments to grab a quick bite. It's important to have options that give you staying power. Foods that pair protein and fat are satisfying and often come with a bit of sodium, an essential mineral electrolyte that helps maintain fluid balance and is important for nerves and muscles to work.

HOLD SPACE

BUILDING BLOCKS

Proteins are made of amino acids, which are the building blocks your body uses to build, heal, and repair. You may think of muscle when you think of protein, but you also need it for healthy bones and connective tissue, hormones, and neurotransmitters.

ENERGY DENSE DIPS + SPREADS

Spreads and dips taste good, are easy to eat, and are a quick way to get in protein and healthy fat, which helps you absorb vitamins A, D, E, and K. Pair with veggies, apple slices, crackers, or lettuce wraps for a balanced snack

Hold Space is reserve for wants. This is where the dancer gets to choose without any "shoulds" getting in the way. If it's your birthday and you want to put a cupcake in your bento, the Hold Space is designated for celebratory foods. Do you want chips with your sandwich rather than celery sticks? No problem, but them in your hold space. Want more celery because you feel really good on the days you eat more of it? Put the extra portion in your Hold Space. It's yours to choose.

STURDY CARRIERS + HYDRATING

It's important to eat your veggies. It's also important to be strategic about how and when you eat them. Using veggies, usually a good source of water, as a vehicle for dips, spreads, and nutbutters is a pairing made in heaven. You get the benefit of energy-dense spreads with the hydrating properties of the produce AND all the nutrients they have to offer.

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