

MONTHLY TIPS FROM UPMC SPORTS MEDICINE #2: DANCE NUTRITION

Dancers are known for their long lines, muscular bodies, and incredible flexibility—factors that allow them to leap, twist, and turn for hours at a time. Like all athletes, dancers also have a risk of injury during practices and performances, which may result from overuse or poor mechanics. When a dancer is injured, the goal is twofold: return to performance as soon as possible, and maintain fitness level and balanced nutrition while at a decreased activity level. Check out these seven healthy foods injured dancers can include in their diet to help enhance recovery and preserve fitness as they heal.

1. Greek Yogurt

Greek yogurt is high in leucine, a branch chain amino acid that assists in protein synthesis. Greek yogurt is also packed with calcium and vitamin D to assist in bone healing, building, and rebuilding.

2. Tuna or Salmon

These fish contain healthy fats and omega-3s that assist in decreasing inflammation and serve as excellent sources of lean protein.

3. Tart Cherry Juice

Tart cherry juice is high in anthocyanins, which help reduce inflammation. It also contains melatonin, which assists in a restful sleep.

4. Red Peppers

This colorful veggie, which is rich in vitamin C, supports tissue repair.

5. Almonds

Fortified with magnesium, almonds may improve circulation, a factor that can provide further nutrients to injured areas of the body.

6. Sunflower Seeds

This snack is rich in copper, helping to regenerate elastin connective tissue.

7. Whey Protein Powder

Protein helps to build and repair muscle. Look for a supplement that is low in calories but high in leucine and whey isolate.

To schedule an appointment, or to learn more about UPMC Sports Medicine, visit UPMCSportsMedicine.com or call 1-855-93-SPORT (77678).

Check in next month for more dance health tips from UPMC Sports Medicine.

