
VDA'S COMPETITION NUTRITION GUIDE

How to use nutrition to optimize energy, endurance, and performance for dancers!

1. Electrolytes

Main electrolytes include sodium, potassium, calcium, chloride, and magnesium. They enable the flow of electrical signals and communication throughout the body, and regulate muscle and nerve function. Stress can affect the balance of electrolytes in the body, which is why it's crucial to nourish the body through foods or supplementation during a day of competition.

Examples: Coconut water, fruit

2. Magnesium

Magnesium helps relax muscles, is anti-inflammatory, increases energy, and improves sleep.

Examples: Wild seafood, eggs, leafy greens, nuts/seeds

3. Vitamin C

Vitamin C is a potent antioxidant, is anti-inflammatory, and stimulates immunity.

Examples: All raw vegetables and fruits!



Regulating the nervous system & supporting adrenal glands

Ensuring blood sugar stability throughout the day is crucial for maintaining a healthy and adaptable nervous system. It also helps avoiding a crash in energy, which is best avoided during competition.

Eat breakfast within 30-60 minutes of waking to support your nervous system, adrenal glands, blood sugar balance, and insulin response.

Make sure all your meals include protein, healthy fats and fibre from fruits and vegetables to ensure prolonged blood sugar stability and energy levels.



Grocery Prep

- FRUIT (look at dirty dozen list for what to buy organic) - Apples, Pears, Oranges, Bananas, Berries, Avocado
- VEGETABLES (easy to snack on raw) - Carrots, Cucumber, Celery, Snap Peas, Peppers, Cherry Tomatoes
- PROTEIN (easy to buy or prep before leaving) - Hard Boiled Eggs, Smoked Salmon, Chicken, Raw Nuts & Seeds
- COMPLEX CARBS (prep before leaving) - Rice, Quinoa, Boiled Potatoes
- HYDRATION (bring water bottle!) - Coconut Water, Mineral Drops, Magnesium Glycinate Supplement

Try to eat regular meals throughout the day at relatively consistent times to ensure your body feels safe with the additional stress and muscle repairs.

Choose to snack on fresh fruit for an easily absorbable source of energy and antioxidants, but make sure to add a source of protein to ensure a regulated insulin response.

Do your best to meal prep before leaving for competition, and bring lots of snacks to avoid buying fast food the whole weekend.

Prioritize whole foods over anything processed ALWAYS!

Go for a walk outside in the sun, if you have a long break, or sit in the grass to help ground yourself, regulate your nervous system and circadian rhythm.

Avoid blue light exposure before bed to increase melatonin production and to ensure a full night of restful sleep. Don't underestimate the power of a good sleep for energy and performance!

THE ROLE OF ELECTROLYTES IN THE BODY

