



This week at Making Moves, we are focusing on nutrition. Nutrition is the interaction of nutrients and other substances in food. Food is what fuels our bodies and make our bodies run to its fullest or not so fullest capacity depending on what we eat. Many of us have learned in school that the food pyramid (a low calorie, carb based diet) was the outline to our daily nutrition; however, studies have shown that this is not the healthiest way of eating. Nutritionists are advising people to make our diets more basic and back to how we “used” eat, reduce sugar intake, lean protein, nuts, berries, unprocessed carbs, and vegetables. Health related diseases are climbing up the charts and are becoming some of the leading causes of death in the United States. To put it in perspective, think about how devastating 9/11 was and all the lives we lost that day. We lose that many lives every three days to a health related death due to eating poorly and not getting enough exercise. In addition, our children are suffering from diabetes, obesity, high blood pressure, Coronary Heart Disease, and Metabolic Syndrome at younger ages due to being overweight. Children and adults who are active should try and understand what your body needs to perform at its fullest capacity.

As dancers, it's very important that we fuel our bodies with purposeful foods, such as, slow digestive carbs, fruit, vegetables, and lean meat. For example, things to pack for your next dance day: oatmeal with berries, salad, celery with peanut/almond butter, apples, oranges, and bananas for recovery.

## **Increase Fruits and Vegetables, Eat Real Food and Go Fresh!!**

### Ways to incorporate fresh fruit and veggies into meals:

- Add cutup spinach, tomatoes, and other vegetables in your scrambled eggs.
- Add berries to your oatmeal or pancakes.
- Beef up your yogurt by adding bananas and granola.
- Soup is a great way to incorporate lots of vegetables into your diet.
- Smoothies are fun to make, are loaded with veggies and fruits and super yummy. Here's a smoothie recipe to try: 1 cup of almond milk, 2 beets, a handful of spinach, 5 strawberries, 2 bananas, 1 cut up/cored apple, 1 scoop of vanilla protein powder, and a few ice cubes.

*Junk Food V's Healthy Food*



# Cha Ching

Eating healthy should not be a privilege and many of us might be afraid of what our grocery bill will look like if we buy healthy foods instead of the prepackaged, processed foods. But, does it really cost more? It doesn't have to be; it's all on what we make it.

Here are ways we can make eating healthy affordable:

**Getting back in the kitchen** – Try spending more time preparing foods and cooking meals as a family. If your family runs a lot during the week, try preparing foods on Sunday, so all you have to do is grab and go during the week.

**Portions** - Fruits and vegetables are filled with essential vitamins and minerals. Evidence does show that fruits and vegetables would be the best bang for the buck. In the end, fruits and vegetables should make up half of our plate, so by volume alone they will make up a good portion of anyone's grocery bill. In addition, cut your portions down. Try using a saucer plate instead of a dinner plate when you eat.

**Grocery Store Traps** - Try shopping along the perimeter of the grocery store, you'll find fresh foods and not be tempted to buy sugary and processed foods. Avoid the cartoon characters and other marketing lures that will catch your little one's eye. Instead, try making your grocery store experience fun and brush up on their math skills. Here's a game you can play during your next grocery store visit, "Name that Fruit or Veggie." Give your child hints of what the fruit or veggie looks like and see if they can find it, once they find the food, then have them weigh it, count it out, etc. Or have your little shopper add up what's spent as you shop, making sure you don't go over your budget.

You can even skip going to the grocery store and get fresh local produce, dairy, meat, and bread delivered to your doorstep. If you are interested, check out Hometown Harvest (<http://www.hometownharvest.com/home.php>) and see if they deliver to your neighborhood.

**Eating Out** – Spend less money eating out and more at the grocery store. Growing up for many of us, eating out was a treat and now-a-days eating out is part of our weekly and sometimes daily routines. Take it back to the basics and make eating out a treat or for special occasions.

**Nutrition Facts you may not have known:**

- **Low calorie food doesn't mean healthy. Some of the most nutritious foods are high in calories.**
- **Fruit juice is not that different from sugary soft drinks**



**eating healthy a lifestyle change.**

- **Health is about way more than how much you weigh; it's about how you feel and how you're fueling your body. Eat fresh, feel fresh.**
- **Sugar is addictive: Today's sugars are refined and concentrated. The average American consumes anywhere from a ¼ to a ½ pound of sugar per day. Consuming sugar in these amounts can lead to similar symptoms of a drug addiction: dependence, cravings, and withdrawal. The good news is that we can adapt our taste buds to accept less sugar.**
- **Being on a diet is a short term goal, make**

