

Breakfast Ideas for Dancers

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Mandy trained with Saint Louis Ballet School from the age of 3 until she graduated high school and became a company member with Saint Louis Ballet for the 2005-06 season. In 2009, she graduated Magna Cum Laude from Saint Louis University with her Bachelor of Science Degree in nutrition and dietetics with a minor in psychology and completed her dietetic internship at The Christ Hospital in Cincinnati, OH. She is a Registered and Licensed Dietitian Nutritionist and has worked with a variety of populations in weight loss, wellness, sports nutrition and child nutrition. She currently lives in Cincinnati, OH with her husband, Sean and their 4 month old daughter, Sydney. Mandy visits her family in Saint Louis often and loves to catch a SLB performance when she is in town.

Many of us have heard a thousand times that breakfast is the most important meal of the day, and for good reason. Eating breakfast is literally breaking the body from fasting over night. Breakfast gets your metabolism humming and gives you energy that can carry with you all day long. Plus, research shows that breakfast eaters tend to make healthier choices throughout the day! Whether you have technique class or school in the morning, here are some simple, nutritious, and delicious breakfast tips that will keep you full for hours:

- **Aim for at least 3 food groups:** Eating at least 3 food groups ensures that you will have a combination of fiber, protein and/or fat to help keep you full. Try half an avocado on whole grain toast with a cup of blueberries and a cup of skim milk.
- **Eat what you like:** I often hear people say that they simply don't like traditional breakfast foods. That's okay! Non-traditional breakfast foods can make great breakfasts! Try leftover cold pizza with whole grain crust, veggies and low fat cheese.

- **Eggs are an egg-celent choice:**

Eggs are often called nature's most perfect food. You can cook them any way you like (scrambled, boiled, omelet), but be sure to eat both the yolk and the egg whites. The yolk is where most of the nutrition is stored. The combination of fat and protein in eggs will keep you fuller longer. Plus, eggs have an essential nutrient called choline that has been shown to increase memory retention so you can always be the one to know the combination in class! If you have a few extra minutes in the morning, an omelet packed with veggies and cheese makes a delicious and energy packed breakfast!

- **Better late than never:** Are you just simply not hungry in the morning? Don't worry! While it is ideal to eat breakfast as close to waking as possible, you can still reap the benefits if you aren't ready to eat until 60-90 minutes after waking.

- **Sip and Go:** Smoothies are one of my favorite grab and go breakfasts. You can customize them to your preference and make them full of superfoods! One of my favorites is a

chocolate, peanut butter and banana smoothie. It tastes like a chocolate milkshake and is packed with nutrients! Try it for yourself with this simple recipe:

Chocolate, Peanut Butter and Banana Smoothie

1.25 cups skim milk

1 peeled and frozen banana

1 TBSP natural peanut butter

1 TBSP coco powder

1 small handful spinach (I promise you can't taste it!)

2 tsp chia seeds (optional)

3-4 ice cubes

1. Add all ingredients to a blender.

2. Blend until smooth.

3. Pour in glass and ENJOY!

Follow these simple tips and you may find that you are actually a morning person!

