

Nutrition for Marching Arts*

Fueling Athletes and the Arts



**Sports,
Cardiovascular
and Wellness
Nutrition**
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Athlete Scenario

As a high school marching arts member, I am not sure which foods would help me perform my best when participating in after-school rehearsals, late-night football games, early-morning practices and all-day contests. What can I eat that will help me perform well and feel good all day?

Goals: Nutrition Goals for Optimal Performance

- Regularly fuel with nutrient-rich foods and fluids.
- Adequately preplan meals and snacks for the day.
- Choose foods that will help fuel the body and maintain energy.

Challenges for Fueling: Overcoming Common Challenges

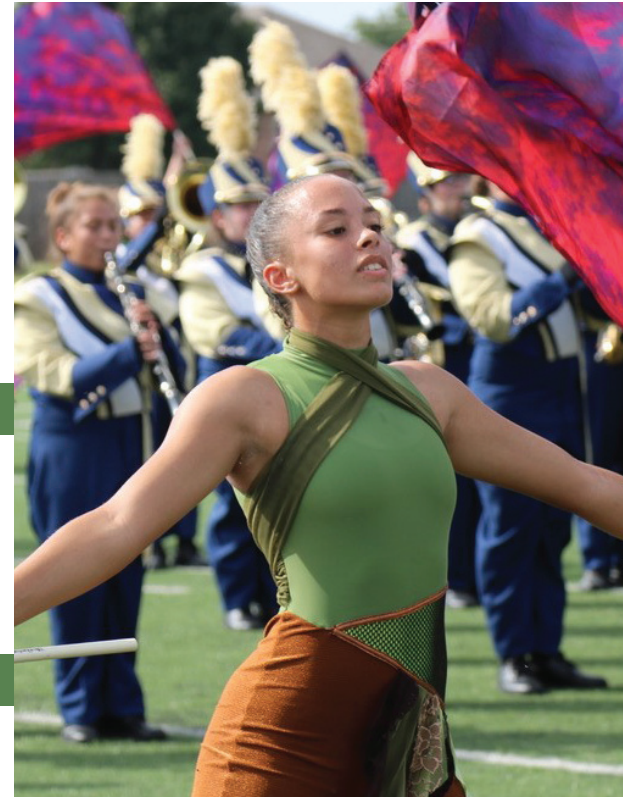
- On days with practices/competitions, include snacks to delay fatigue. Keep easy-to-grab non-perishable snacks on hand (see Snack Guide table).
- Choose nutrient-rich foods that provide energy during breaks (e.g. nut butter crackers, fresh/dried fruit) and after performances (e.g. turkey sandwich, milk).
- Before performances, limit high-fat and high-fiber foods that may result in an upset stomach.
- Tell adults/booster parents of any food allergies and always pack a “safe snack”.
- Use a name-labeled reusable water bottle or jug to support fluid intake.
- Monitor urine color — pale yellow is ideal, dark yellow may indicate dehydration (see *Hydration Basics for Marching Arts* fact sheet).

Snack Guide

Non-perishable Foods/Beverages	Trail mix, fruit cups, jerky, nut butter crackers, granola bars, pudding snack cups, fruit pouches/purees, tuna or chicken salad kits, shelf-stable low-fat chocolate milk, low-calorie/regular sports drinks and water
Before or During Practice	Yogurt, nut butter sandwich, turkey/ham and cheese roll ups or sandwiches, string cheese, hummus cups and crackers, granola, applesauce, 100% juice fruit chews, whole fruit, fruit cups, mini bagel with cheese
Recovery	Protein-rich foods and beverages: string cheese, nuts/trail mix, jerky, shelf-stable chocolate milk, yogurt, PB&J sandwich, smoothie made with milk, protein shake, tuna or chicken salad kits

***Marching Arts: marching band, drum corps, color guard, winter guard, and indoor percussion**

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Tips to Take With You

- Keep nutrient-rich snacks and beverages on hand.
- Divide the responsibility of bringing snacks/drinks among band members.
- Proper hydration is key. Be sure to hydrate with water during shorter practices and sports drinks for longer/hot climate practices.
- Consult with a sports registered dietitian nutritionist (RDN) to provide you with individualized nutrition information to achieve your goals.

**Contact SCAN:
www.scandpg.org
800-249-2875**

Reviewed by SCAN's Athlete and the Arts Nutrition Team, Drum Corps International, and Athletes and the Arts. The key to optimal meal planning is individualization. For personalized nutrition plans contact a SCAN sports dietitian or Board Certified Specialist in Sports Dietetics (CSSD) by accessing "Find a Registered Dietitian Nutritionist" at findanrd.eatright.org.

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