

64th World Congress of Dance Research, Athens 2026

Dance Nutrition – what has research shown over the past 100 years, and what is best practice now?

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SENr
PRACTITIONER REGISTRANT

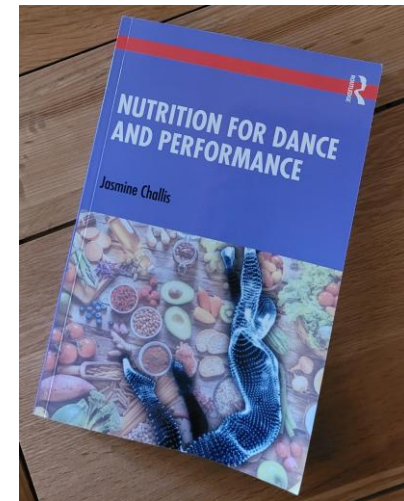
BDA The Association
of UK Dietitians
Full Member
2024

AfN
RNutr
Registered Nutritionist

hcpc
registered
www.hcpc-uk.org

My Background

- Degree in Nutrition
- Postgrad Diploma in Dietetics
- Sports Dietetics Course, reaccredited every 5 years
- MRes Sport and Exercise Science (2019)
- 1:1 work with vocational dancers and circus performers
- Previously: clinical work – mainly disordered eating
- Writing for dance health books
- Ongoing dance classes
- My book published in 2023 – flyers available with discount code



Introduction

- Nutrition is often seen as a relatively young science – first European university degree was conferred less than 100 years ago
- Globally Food and Medicine have been linked for centuries
- Macronutrients discussed for over 200 years
- Micronutrients – vitamins and minerals – knowledge often from a maximum of 100 years ago
- Knowledge and understanding are still changing as research continues and newer substances are identified e.g probiotics, phytochemicals

Fibre



Vitamins and minerals



Calcium rich foods



Hydration – what is most helpful for dancers

- Water – safety, how much, how often, and when is it the best option?



Hydration - Electrolytes



ORS – Oral rehydration solutions

- WHO recipe – adding citrate helps safe storage
- To 1000ml clean water add:
- 2.6 g/l sodium chloride (salt) – about $\frac{1}{2}$ tsp
- 13.g glucose (anhydrous powder) – about 3 tsp
- 1.5g potassium chloride
- 2.9g trisodium citrate, dihydrate

Home made isotonic – sports drinks

- Many recipes available: the goal is similar particles to body fluids (i.e. isotonic)
- e.g 500ml juice, 500ml water, $\frac{1}{2}$ tsp salt

Commercial isotonic (sports) drinks



Other options include:
Lucozade Sport
Isostar
Oshee

Reference sources:

- <https://www.ncbi.nlm.nih.gov/books/NBK234165/>
 - British Dietetic Association website
 - <https://pmc.ncbi.nlm.nih.gov/articles/PMC3258305/>
 - <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
 - <https://www.nhs.uk/conditions/vitamins-and-minerals/calcium/>
 - <https://www.doctorgreece.gr/about-us/>
 - American College of Sports Medicine; Sawka MN, Burke LM, Eichner ER, Maughan RJ, Montain SJ, Stachenfeld NS. American College of Sports Medicine position stand. Exercise and fluid replacement. Med Sci Sports Exerc. 2007 Feb;39(2):377-90. doi: 10.1249/mss.0b013e31802ca597. PMID: 17277604.
 - Institute of Medicine (US) Committee on Military Nutrition Research; Marriott BM, editor. Nutritional Needs in Hot Environments: Applications for Military Personnel in Field Operations. Washington (DC): National Academies Press (US); 1993. 5, Water Requirements During Exercise in the Heat. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK236237/>
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Question time:

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Thank you for your attention and interest

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