

# A Comparison of Body Fat, Energy Level and Diet in Performing Artists

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Final Research Presentation

# Introduction

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## Purpose: Nutrition For Dancers

- ❖ Injury Prevention
- ❖ Aesthetic Demands
- ❖ Physical Demands
- ❖ Mental Health



# Methods and Equipment

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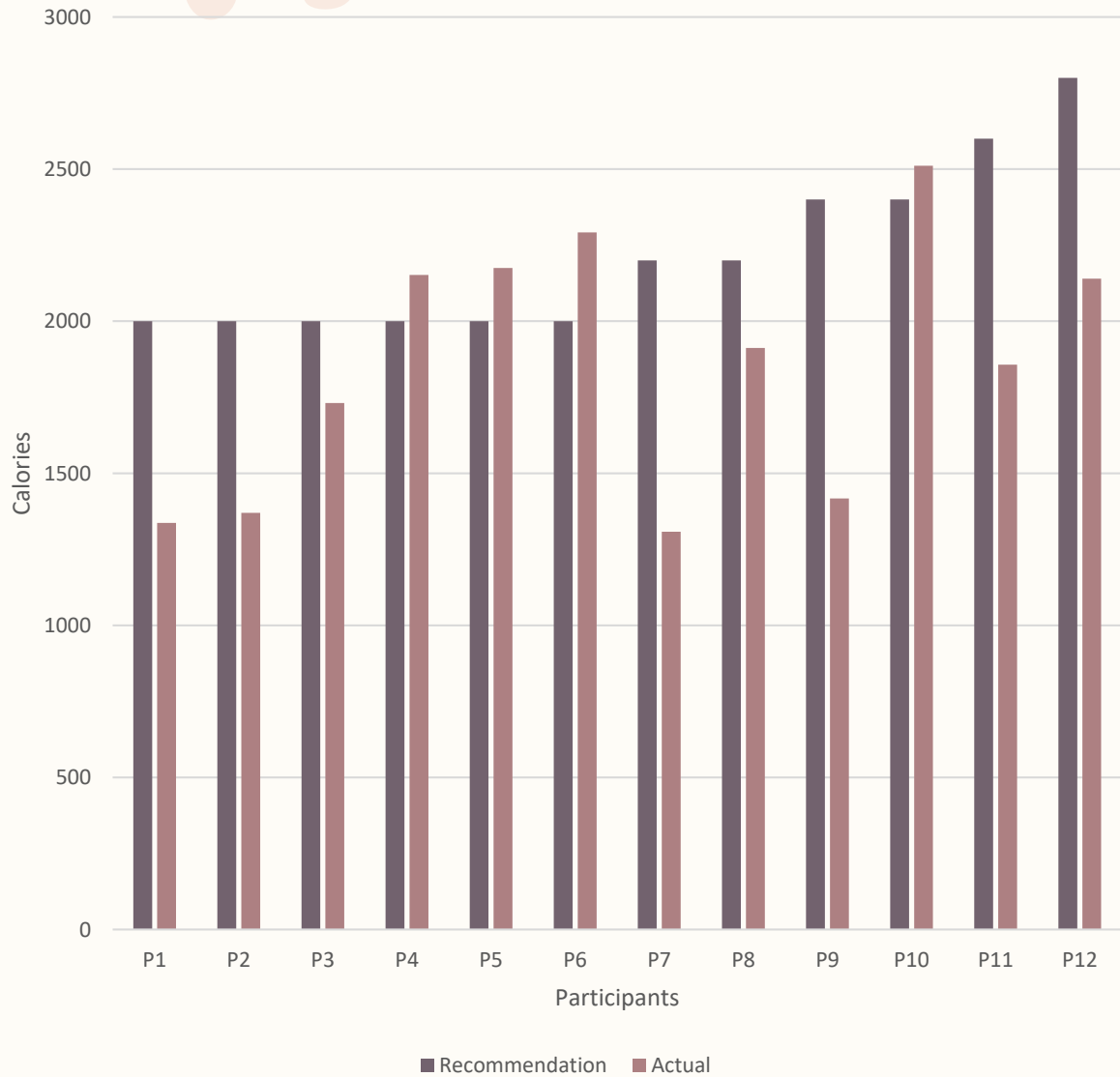
## Method

- ❖ Section One
- ❖ Section Two
- ❖ Section Three

## Equipment

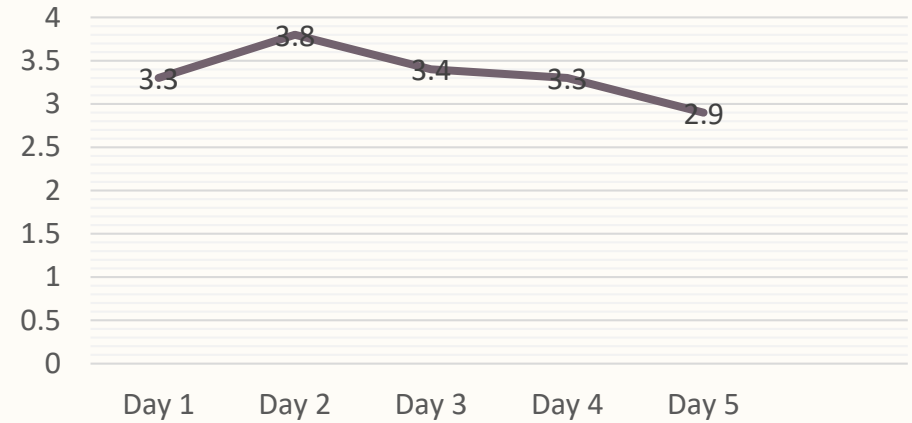
- ❖ Super tracker
- ❖ Energy Assessment
- ❖ DEXA Scanner

Calorie Consumption: Recommendation vs Actual Intake



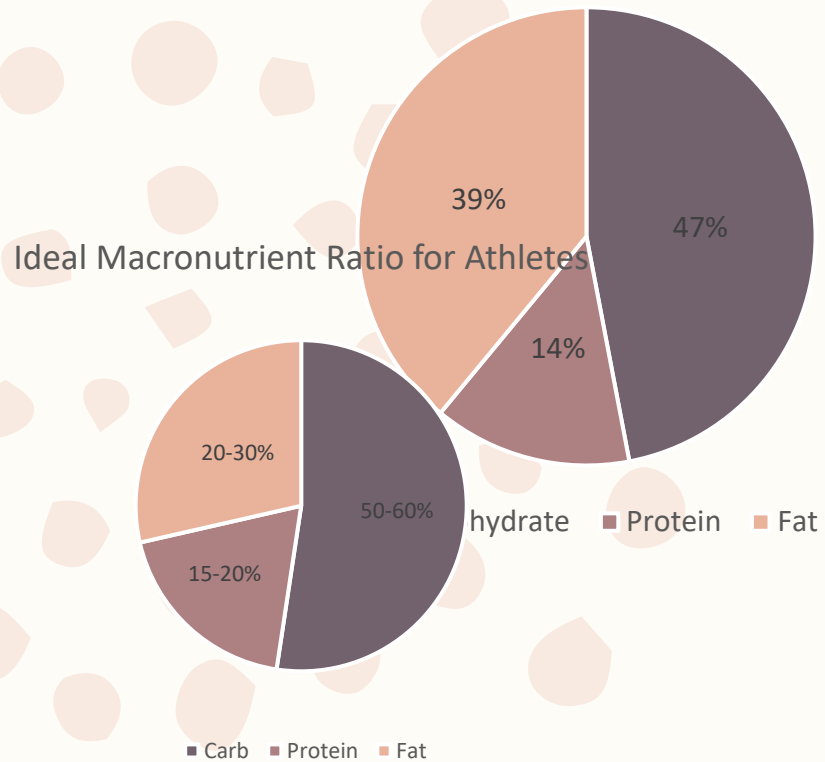
# Results: Section One

Energy Levels: Week 1

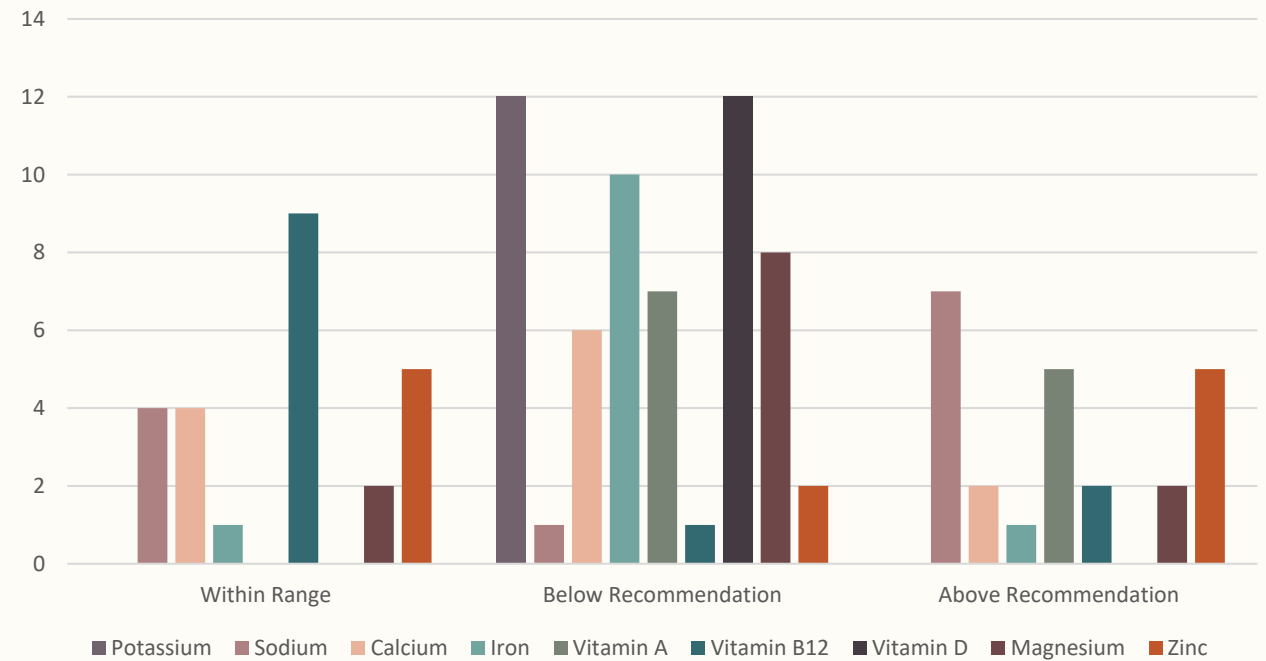


# Results: Section One Continued

## Macronutrient Composition Week 1

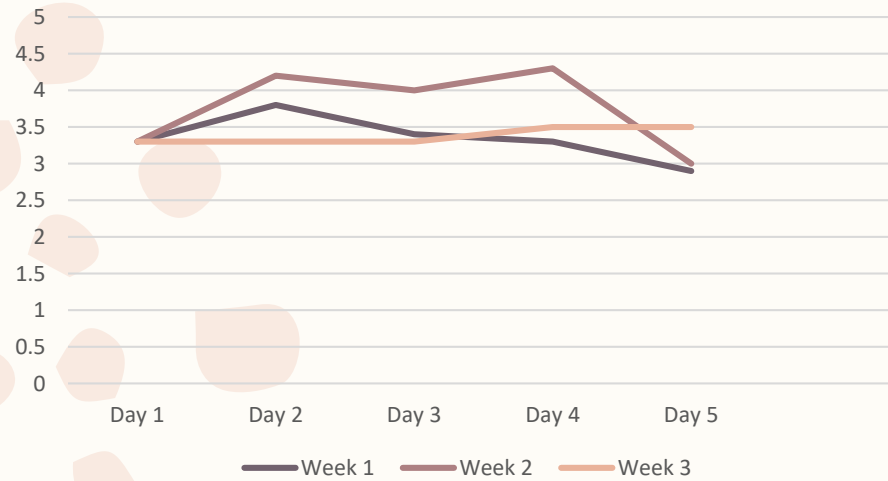


## Vitamin and Mineral Ranges: Week 1



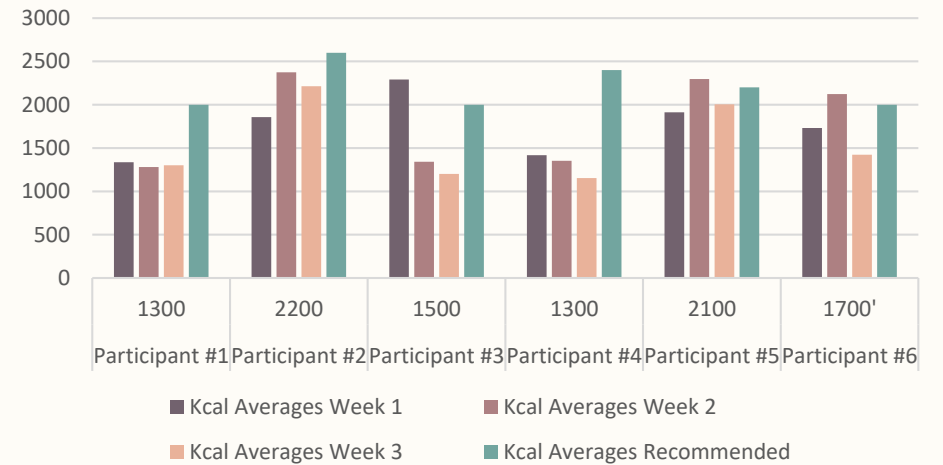
# Results: Section Two

Average Energy Estimate



Average Energy Estimate	Week 1	Week 2	Week 3
Day 1	3.3	3.3	3.3
Day 2	3.8	4.2	3.3
Day 3	3.4	4	3.3
Day 4	3.3	4.3	3.5
Day 5	2.9	3	3.5

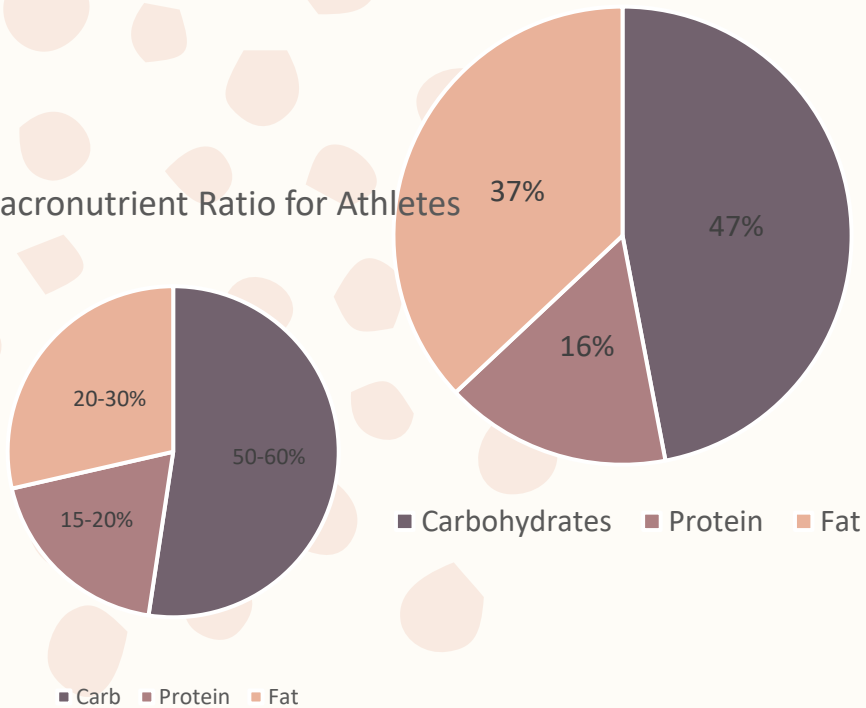
Calorie Averages: Weeks 1-3



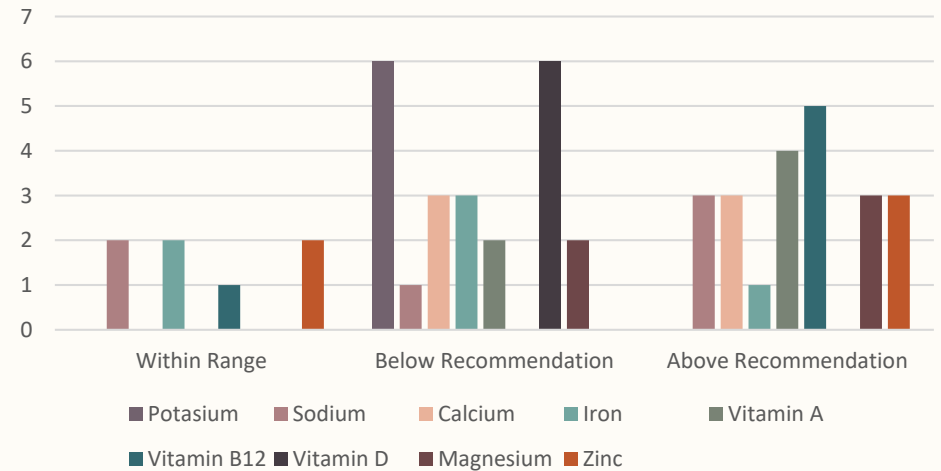
# Results: Section Two Continued

## Macronutrient Composition Week 2

### Ideal Macronutrient Ratio for Athletes



## Week Two: Micronutrients



# Results: Section Three

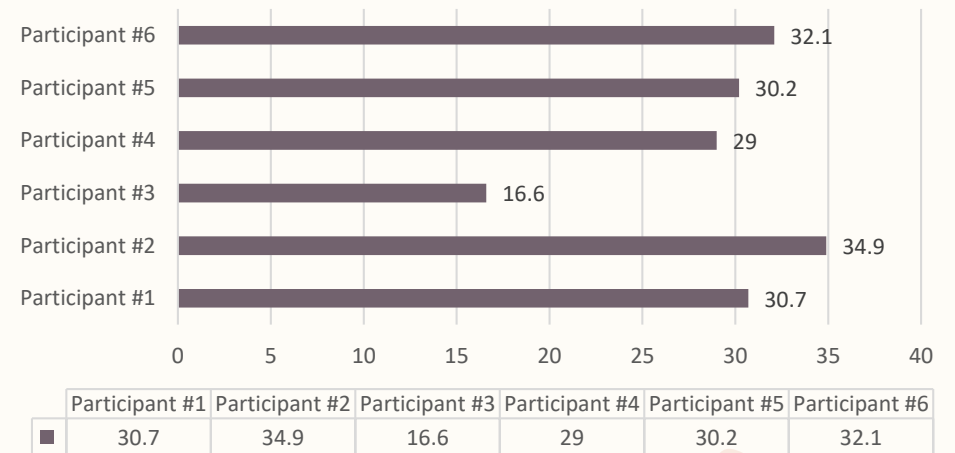
“Comparison of Nutritional Intake, Body Composition, Bone Mineral Density, and Isokinetic Strength in Collegiate Female Dancers.”

Korean (n=12)	Ballet (n=13)	Contemporary (n=8)	Control (n=12)
Lean tissue (kg)	36.8 ± 3.00	36.5 ± 2.85	39.3 ± 2.10
Percent body fat (%)	27.7 ± 4.64 <sup>a),b)</sup>	24.8 ± 3.12 <sup>b)</sup>	24.5 ± 4.57

Lean Body Mass

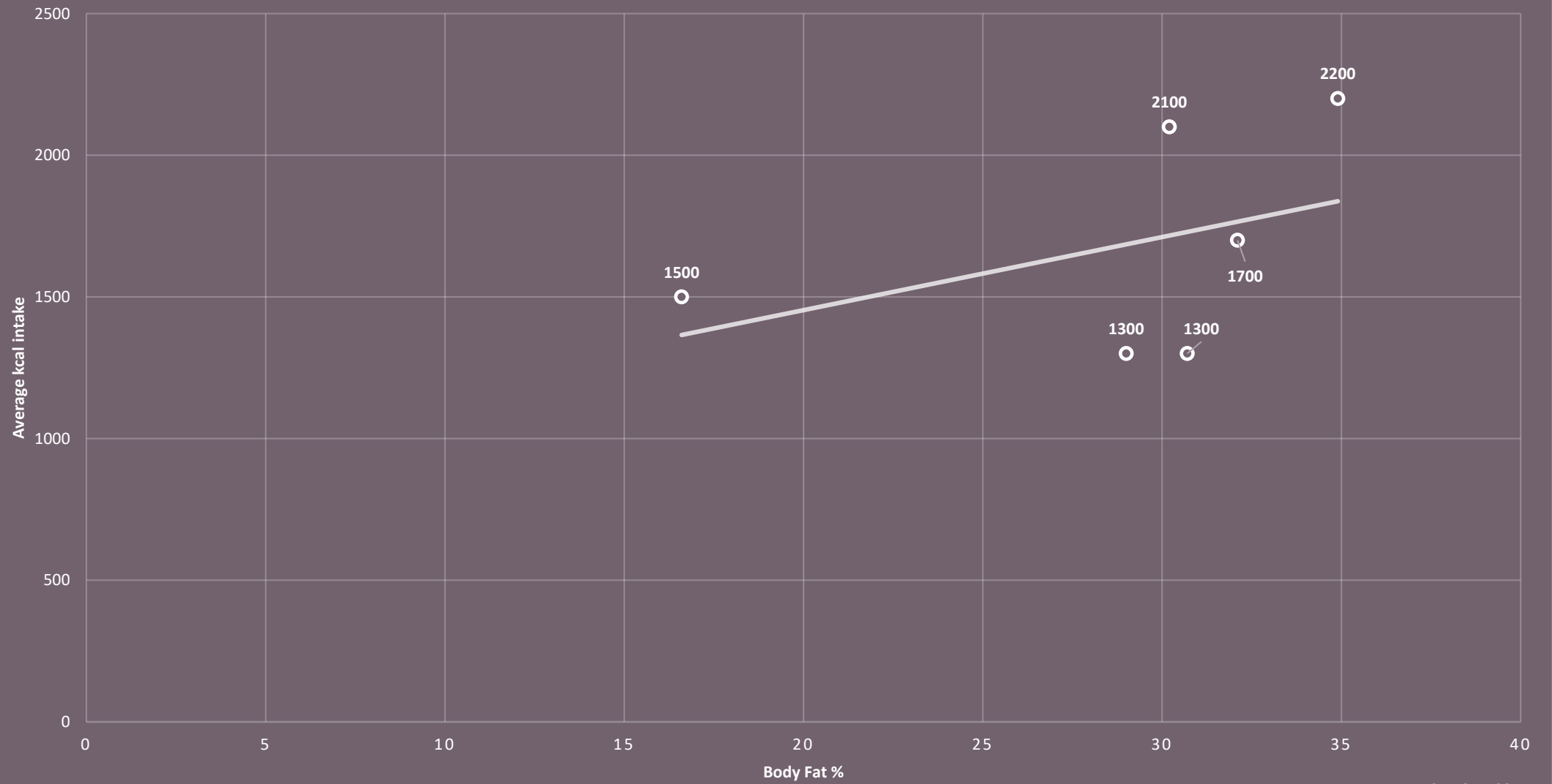
Participants	kg
Participant #1	34.96
Participant #2	43.34
Participant #3	41.18
Participant #4	39.82
Participant #5	36.94
Participant #6	42.19

Body Fat Percentage in Dexa Scans





# CALORIE INTAKE VS BODY FAT %



$y = 25.79x + 937.57$

# Results: Pre and Post Survey

Pre-Study Survey Results	Yes	No	Maybe
Do you experience lack of energy during the day?	12		
Does your schedule affect what you eat?	11	1	
Do you consider your diet healthy?	6	3	3
Does what you know about nutrition affect what you eat?	10	2	
If you received more information about nutrition would you change your diet?	10	2	

## Post Study Results

- Increased Energy?
- Study Benefits
- Other

# Discussion

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- Recommendations
- Further Research



Questions??

## Bibliography

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