

Book Review of January 1, 2003

Diet for Dancers by Robin Chmelar and Sally Fitt, Princeton Book Company, Pennington, NJ, 1990.

Although written specifically for dancers, this is the best book I have seen about diet and nutrition, and it provides information that all of us can use. Though written twelve years ago, it is not dated; its information is consistent with current thinking about nutrition today. With Table 7.2 on page 86 and the Exchange Lists in Appendix A, one can fashion an optimal diet for oneself.

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