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Module: Fit To Perform

Lecturer: Stephen Williams

Personal Development Plan Assessment

I intend to identify my strengths and weaknesses within the three areas, fitness, psychology and nutrition. By identifying these I can better understand which sections need work and attention. After researching the best ways to improve my weaknesses, I will collect data and create an action plan over a period of six weeks before reassessing and hopefully improving these weaknesses.

	Strength	Weakness
Fitness	Cardiorespiratory endurance	Flexibility
Psychology	Anxiety control	Movement memory
Nutrition	Water intake	Balanced diet Vitamins

One of my fitness strengths are cardiorespiratory endurance. I am physically active and do not become fatigued quickly during activities. My main weakness within fitness as a dancer is my own personal flexibility, particularly within my lower body. I

feel that I would be a better, more confident dancer if my body was more flexible and therefore able to perform more impressive moves without pain or injury.

A psychology strength of mine would be anxiety control. I am able to calm my nerves before a performance easily and keep a control on them. Movement memory is my weakness in this area. I tend to learn routines and apply them physically a great deal slower than my peers. Being able to increase my movement memory would benefit me by moving quicker through classes and perfecting my routines without delaying the rest of the class.

Within nutrition my strength is water intake. I drink water regularly throughout a normal day which then increases during physical activity. I stay hydrated by carrying a bottle of water around with me at all times and would say I drink the daily water recommendation of about two litres a day. Eating a balanced diet and including vitamins in my diet are weakness in my nutrition area. I feel this needs particular attention at times of training in order to help my body perform better as well as healing with the correct nutrients.

Winderl (2018) was a useful source of information on flexibility. She explains how flexibility work is as important as cardiovascular work and strength training in a well-rounded fitness routine. Stretching in particular will reduce tight muscles, make workouts more safe and efficient and improve flexibility. After talking to a clinical director at a professional physical therapy unit, Winderl (2018) discovered that joints can also be put under strain due to tight muscles and also the muscles themselves can become injured, and that we need to maintain an active role in “improving the length of our muscles so we can continue to enjoy our abilities without pain.” She continues to describe how people do not like stretching as it is not very exciting or glamorous and can also take long periods of time and be uncomfortable, but in order to prevent risk of pain and injury it needs to be done. Muscles are less restricted when they are stretchy and loose, which results in greater range of motion. Having a wider range of motion increases ability, agility and an all round better dancer in my case. Improving flexibility is not difficult, a little time and determination with a good stretch routine will benefit in flexibility rapidly. The twenty one different stretches shown in the article would significantly benefit my flexibility if performed regularly, specifically the lower body ones.

According to Lovatt (2018) everybody’s ability to remember, learn and perform routines in dance is dependant on certain factors. Their age, sleep patterns,

knowledge of dance styles and ability in marking the sequences correctly during rehearsal. He notes that before information gets lost from short term memory, movement should be rehearsed over and over for it to transfer to long term memory. Different styles of dance can also be difficult to learn, especially if they are not familiar. It is needed to “become familiar with the physical language of that dance style” (Lovatt, 2018, p. 127). Improvement of movements and sequences will increase the ability to perform and learn. Even proficient dancers struggle to pick up sequences in other styles. One of a dancer’s greatest challenges is learning and retaining choreography (Dancespirit, 2014). Not all choreographers communicate in the same way, and some dancers prefer different methods of learning. Adapting to various teaching styles by establishing which methods of learning work best for you is the key. The four strategies listed, preparation, chunking, strategic note taking, and visualisation, are extremely helpful.

Monson (2019) has been informative in explaining what it takes to receive the correct nutrition. She talks about the importance of fuelling the body and how it is not always an easy task. Dancers need the correct amount of calories to perform their best. Too few will alter growth, performance and overall health. Energy will be compromised and low levels of micro nutrients will be effect the dancer. The article continues to describe in detail the categories needed to ensure a healthier dancer. Carbohydrates are important for energy. A dancer’s diet should be rich in these as they are the main source of fuel for muscles, breaking down into glucose. Glucose is needed to prevent fatigue, keeping up strength and skill. It is recommended that a dancer consume carbohydrates before, during and after a performance or class.

Healthy fats are needed to produce energy for the muscles to contract and are important during endurance activity in order to keep up the continuous exercise. Protein is needed to repair and build muscle tissue used in exercise and training. “Protein is also used as an auxiliary fuel when you don’t have enough of the glycogen on board” (Monson, 2019). Micro nutrients are vitamins and minerals, these are essential in making sure the body works efficiently. Some make red blood cells, others assist in turning carbohydrates, protein and fats into energy, others are needed to clean up damaged muscles that are overstressed and overused.

“Calcium is a mineral used for bone growth” (Monson, 2019). Strong bones are important to reduce the risk of injury. Iron is also an important nutrient as it carries oxygen to the blood and oxygen is needed to help our bodies produce energy. By eating a balanced diet and at the correct time, our bodies will perform at it’s best. An example of sources for these nutrients can be found in appendix 1.

To assess my flexibility I completed two tests. The first was a sit and reach test, my best result was 25. The chart shows this is within the average range for a female, see appendix 2. The second was a calf wall test, my results were 12cm for my left leg and 13cm for my right leg. According to the results, this would put me in the hypermobile section, see appendix 3. These tables are for everyone and not specific for dancers so I feel a dancer's flexibility should be higher.

Based on the review of the literature by Winderl (2018), I plan to follow the following table twice a day for a six week period and then complete the tests again and reevaluate my results as shown in the table below.

Monday	1,5,10
Tuesday	2,8,18
Wednesday	3, 11, 19
Thursday	6, 13, 20
Friday	7,15,1
Saturday	rest

For exercises see appendix 4.

After reviewing literature by Lovatt (2018) and Dancespirit (2014), I have learned that there are many different tools and tricks to increase movement memory. My action plan is to follow their advice and tools by repeating sequences often, trying to prepare myself by getting to know the choreographer's style beforehand, breaking

choreography down into smaller, more manageable pieces. I would also take notes to help me remember parts I am struggling with, and imagine myself going through the space and just marking the choreography out as seen in appendix 5. I shall try all of these methods over a six week period and discover which ones work for me best to improve my movement memory.

Based on the review of literature by Monson (2019), my action plan will include a sample meal plan which includes all of the nutrients needed to eat a healthy balanced diet. Over the course of 6 weeks, I will follow a meal plan similar to appendix 6. This will ensure I have all the correct nutrients to help with my dance performances and all round health and fitness.

I have identified my strengths and weaknesses in the three areas, fitness, psychology and nutrition. By following my action plan within these three areas, I intend to test these areas again at a later date and hope to turn my weaknesses into strengths.

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Appendix

1.

The Importance of Nutrition - x Fit To Perform - Component - x WordCounter - Count Words - x The 21 Best Stretching Exercises - x How to Perform the Sit and Stand - x Untitled document - Google - x +

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verywell fit The Importance of Nutrition for Dancers

and performance. A huge challenge for dancers is not ingesting sufficient quantities of food to meet the energy demand of dance. An easy estimate of caloric needs during heavy training for a female is 45-50 calories/kg of body weight (kg= lbs weight / 2.2 example: 100 lbs / 2.2 = 45.45 kg). The caloric needs of a male are higher at 50-55 calories/kg body weight.

Consuming too few calories will compromise your energy availability and of course with low calories comes low intake of micronutrients that will alter performance, growth, and overall health.

Carbohydrates

To begin with, the basics of energy carbohydrates are a dancer's best friend. A dancer should have a diet rich in whole grains and [complex carbohydrates](#). Fifty-five to 60 percent of their diet should be carbohydrates. Carbs are the main source of energy for any athlete because they break down into glucose and fuel your muscles. Without glucose, a dancer's skills and strength would be compromised and the feeling of muscle fatigue would take over.

In addition to meals, a dancer should also ingest carbohydrates before, during and after class or performance. At least 1 hour before any activity begins a dancer should consume a quick energy carbohydrate to start glucose fueling. Sources of carbohydrates include whole-grain pasta, rice, beans, whole grain bread, and fresh fruit.

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Fats

Fats are also very important. Fat provides structure for all cell membranes, they are the insulating layer around nerves and form the base of many of our hormones. Healthy fats are needed for the absorption of [fat-soluble vitamins](#) and used to fuel our muscles for energy. It is estimated that we need 1.2 grams of fat/kg of body weight. Muscles and adipose (fat) tissue store fats called triglycerides. During exercise, these triglycerides are broken down into fatty acids and produce energy for muscles to contract. These fatty acids are very important during endurance activity such as dancing where you are continuously exercising for over 20 minutes at a time. Healthy fats to include in your diet are nuts, canola oil, olive oil, coconut oil, and avocado.

Protein

[Protein](#) is extremely important for young dancers and all athletes whether

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The Importance of Nutrition for Dancers

to the growth of preserving energy reserves.

Healthy sources of protein include animal meats like chicken, fish, turkey, lean pork or beef. [Vegetarian](#) sources of protein are beans, quinoa, rice, and tofu. If you follow the recommendations above you are getting enough in your diet protein powders are not necessary.

Micronutrients

Dancers can also forget about obtaining key micronutrients called vitamins and minerals. B vitamins and vitamin C which are water-soluble vitamins and vitamin A, D, K and E which are fat soluble vitamins. Our B vitamins are a part of energy production. They don't give you energy but are used in the body to make energy from our carbohydrates, fats, and proteins. These vitamins are also part of making red blood cells.

If you compromise your intake of these vitamins, you will compromise your performance over time. Vitamins A, C, and E play a role in cleaning up damaged muscles that are overstressed and overused.

[Calcium](#) is a mineral that is used for bone growth. The most important years of bone development are in your first 30 years of life which just happens to be the prime years for dancing. Low bone density will result in increased chances of bone stress fractures. Iron is also a highly important nutrient for dancers since it is what our bodies use to carry oxygen to the blood. And of course, oxygen is what we use to help our bodies produce energy.

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2.

Interpreting the Data

First, we should note that women are known to be slightly more flexible than men. Your age and activity levels will obviously also have an impact on how far you can reach. Generally, those who participate in sports or athletes tend to have more supple and pliable muscles than those rarely perform physical exercise.

Here are some of the basic guidelines to help you interpret your results, note that these are using the Cartwright Fitness sit and reach box which has a baseline measurement (where the feet sit) of 15 cm this can be adjusted to 30 cm for different protocols.

	Men	Women
Superior	>42cm	>45cm
Excellent	32 cm – 41 cm	36 cm – 44 cm
Good	21 cm – 29 cm	26 cm – 35 cm
Average	15 cm – 20 cm	16 cm – 25 cm
Fair	8 cm – 15 cm	7 cm – 15 cm
Poor	1 cm – 7 cm	5 cm – 6 cm
Very Poor	< 1 cm	< 5 cm

We recommend that you make use of an assistant to manipulate the ruler and to accurately record the findings, we supply a slider as standard that help track accurate measurements easily.

When I first took this test, I found that I was only "fair" regarding my Flexibility measurement flexibility. Although this was a bit frustrating, the fact of the matter is that muscles can become dramatically more pliant over time Engaging in regular flexibility work can significantly aid the development of flexibility.

The American Council of Health recommends that stretching your hamstrings for 30 minutes a day three times a week will help to increase flexibility within a few months.

This sit-and-reach test is an excellent way to determine your overall levels of flexibility. If you find that you have scored extremely low, this is a good sign that you need to incorporate more flexibility training into your daily routine. The great news is that stretching is a low-impact way to prevent injuries and even to burn calories from the comfort of your home. Here is an article on the ACSM site regarding improving flexibility. You will be surprised at the positive results to be enjoyed in nearly no time at all.

3.

3. CALF Flexibility:

Achilles (& Soleus) Flexibility:

- Shoes off
- Use a ruler or tape measure against a wall, preferably one without at skirting board (filing cabinets work well). Alternatively mark out a ruler on the floor with a piece of sports tape and write the centimeters out up to 12cm from the wall. 0cm is at the wall.
- Place the big toe of one foot at 6cm from the wall
- Ask the client to touch the wall with their knee of the foot that is on the tape / ruler
- Ensure that the hip and knee are in line with the second toe, and that the heel stays down on the ground
- Starting at about 6cm, gradually move away from the wall (or forwards in extremely tight cases) until the client can only just hold down their heel on the ground & knee to the wall whilst maintaining leg alignment
- Record how many cm away from the wall. Repeat on the other leg

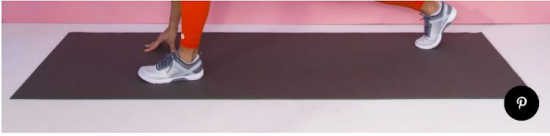


**Achilles Length Test
Knee to Wall Test**

**NORMS OR NOMINAL VALUES: ADULT
KNEE TO WALL TEST**

TIGHT	NORMAL	HYPERMOBILE
<6cm	10-12cm	>12cm

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3

Lunge With Spinal Twist

Atkins notes that this stretch is commonly referred to as the World's Greatest Stretch (WGS) in the fitness community. And for good reason: "It's essential to help with posture-related pain or for people who sit for prolonged periods of time," says Dan Giordano, D.P.T., C.S.C.S., cofounder of [Bespoke Treatments Physical Therapy](#) in New York City and Seattle. "It helps open your hips and improve thoracic (mid-back) mobility," he tells SELF.

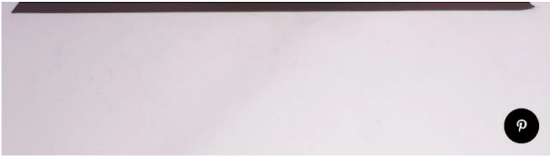
- Start standing with your feet together.
- Take a big step forward with your left foot, so that you are in a staggered stance.
- Bend your left knee and drop into a lunge, keeping your right leg straight behind you with your toes on the ground, so you feel a stretch at the front of your right thigh.
- Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling.
- Hold for 30 seconds to 2 minutes.
- Repeat on the other side.

Stretches hip flexors, quadriceps, back

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5

Figure Four Stretch

"This specifically stretches the piriformis and iliopsoas muscles (essentially your hip rotator and flexor muscles) and the IT band. Because of this and the passive nature of the pose, it is an excellent and gentle approach to helping relieve symptoms associated with sciatica and knee pain," John Murray, yoga instructor and co-founder of [Lyons Den Power Yoga](#), tells SELF.

- Lie on your back with your feet flat on the floor.
- Cross your left foot over your right quad.
- Lift your right leg off the floor. Grab onto the back of your right leg and gently pull it toward your chest.
- When you feel a comfortable stretch, hold there.
- Hold for 30 seconds to 2 minutes.
- Switch sides and repeat.

Stretches hips, glutes, lower back, hamstrings

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6

90/90 Stretch

This modification of pigeon pose helps with internal rotation of one leg and external rotation of the other, "so you're hitting both movements of the hip at once," Atkins says. It's a good option for people who have extremely tight hip flexors, she adds. "The front thigh is safely on the ground in a position that doesn't cause too much stress."

- Sit with your right knee bent at 90-degrees in front of you, calf perpendicular to your body and the sole of your foot facing to the left. Keep your right foot flexed.
- Let your leg rest flat on the floor.
- Place your left knee to the left of your body, and bend the knee so that your foot faces behind you. Keep your left foot flexed.
- Keep your right butt cheek on the floor. Try to move the left cheek as close to the floor as possible. It may not be possible if you're super tight.
- Hold for 30 seconds to 2 minutes.
- Repeat on the other side.

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Lacee Lazoff

7

Frog Stretch

"Most of us sit and cross our legs, which can lead to tight hips and result in lower-back pain," Lacee Lazoff, a NASM-certified personal trainer and instructor at the [Flitting Room](#) in New York City, tells SELF. "This stretch directly target tight spots in the hips/groin and is especially useful for runners."

- Start on all fours.
- Slide your knees wider than shoulder-width apart.
- Turn your toes out and rest the inner edges of your feet flat on the floor.
- Shift your hips back toward your heels.
- Move from your hands to your forearms to get a deeper stretch, if possible.
- Hold for 30 seconds to 2 minutes.

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8

Butterfly Stretch

- Sit tall on the floor with the soles of your feet together, knees bent out to sides.
- Hold onto your ankles or feet, engage your abs, and slowly lower your body toward your feet as far as you can while pressing your knees toward the floor.
- If you're too tight to bend over, simply press your knees down.
- Hold this stretch for 30 seconds to 2 minutes.

Stretches hips, glutes, back, thighs

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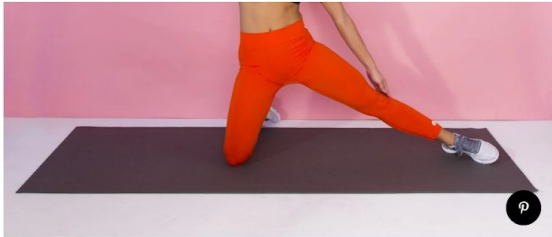
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10

Side Bend Stretch

- Kneel on the floor with your legs together, back straight, and core tight.
- Extend your left leg out to the side. Keep it perpendicular to your body (not in front or behind you).
- Extend your right arm overhead, rest your left arm on your left leg, and gently bend your torso and right arm to the left side.
- Keep your hips facing forward.
- Hold this stretch for 30 seconds to 2 minutes.
- Repeat on the other side.

Stretches groin, hips, inner thigh, obliques

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11

Lunging Hip Flexor Stretch

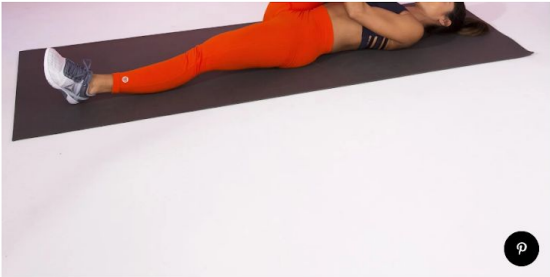
- Kneel on your left knee. Place your right foot flat on the floor in front of you, knee bent.
- Lean forward, stretching your left hip toward the floor.
- Squeeze your butt; this will allow you to stretch your hip flexor even more.
- Hold for 30 seconds to 2 minutes.
- Switch sides and repeat.

Stretches hips, quads, glutes

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13

Knee to Chest Stretch

- Lie on your back with both legs extended.
- Pull your right knee into your chest, while keeping the left leg straight and your lower back pressed into the floor.
- Hold for 30 seconds to 2 minutes.
- Repeat on the other leg.

Stretches lower back, hips, hamstrings

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15

Lying Quad Stretch

- Lie on one side.
- Keep your bottom leg straight and bend your top knee so your foot is by your butt.
- Hold your top foot with your hand, pulling it toward your butt.
- Keep your hips stable so you're not rocking back as you pull.
- Hold for 30 seconds to 2 minutes.
- Switch sides and repeat.

Stretches quads.

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18

Pretzel Stretch

"I like the pretzel stretch because it stretches multiple important postural muscles in one stretch, which can be a huge time saver," Cyrelson says. You'll stretch the quads of your bottom leg, your spine, and the glutes and hip flexors of your top leg.

- Lie on your left side with your head resting on your arm.
- Bend your right knee and hip up toward your chest as far as you can, and let it drop to the floor.
- Bend your left knee and grab your left foot (use a strap if you can't reach it) with your right hand.
- Make sure your leg and torso remain in a straight line as you gently bring your top shoulder blade toward the floor.
- For more of a spinal twist, turn your head to look over your right shoulder.

Stretches quads, glutes, obliques, hips, back

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19

Reclining Bound Angle Pose

"This is an excellent stretch to do both as a gentle warm-up and at the end of a workout as a releasing pose," Murray says. "Due to the passive nature of the posture, it can and should be adjusted based on how the body is feeling to encourage the proper stretch and release." He suggests using pillows or a rolled up towels as bolsters under your knees if you need the support at first.

- Lie on your back.
- Bring the soles of your feet together and allow your knees to open up and move closer to the floor.
- Hold for 30 seconds to 2 minutes.

Stretches inner thighs, hips, groin

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20

Standing Quad Stretch

- Stand with your feet together.
- Bend your left knee and use your left hand to pull your left foot toward your butt. Keep your knees together.
- If you need to, put one hand on a wall for balance.
- Squeeze your glutes to increase the stretch in the front of your legs.
- Hold for 30 seconds to 2 minutes.
- Repeat on the other leg.

Stretches quads

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The Memory Tool Kit

The key to improving your choreographic memory is identifying how you learn best, so you can figure out ways to adapt to various choreographers' teaching styles. Here's a tool kit of strategies for you to choose from.

1. Preparation

If you're working with a new choreographer, watch videos of her work before you start rehearsals. "It's good to familiarize yourself with the choreographer's movement style," says Lizzie Gough, a commercial dancer and finalist of Season 1 of the British version of "So You Think You Can Dance." That way, you'll have a basic understanding of the choreographic language she's speaking.

2. "Chunking"

Sometimes it helps to break choreography down into smaller, more manageable pieces. The term "chunking" comes from cognitive science, and it means to combine a few items (in this case, steps) that go together naturally. "Find what stands out, and think of a way to capture it," Day says. For instance, you might notice a phrase that reminds you of the way your dog runs. Call those three or four steps "Spike run," and odds are good that you'll remember them later.

3. Strategic Note-Taking

Rather than trying to scribble down the whole piece or combination, which can be overwhelming, focus on your problem spots. "If I get stuck at the same point, I'll take notes on the steps I'm struggling with,"

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3. Strategic Note-Taking

Rather than trying to scribble down the whole piece or combination, which can be overwhelming, focus on your problem spots. "If I get stuck at the same point, I'll take notes on the steps I'm struggling with," Gough says. The action of writing down the tricky sequences helps her brain register what comes after what. Using diagrams, like stick figures with arrows, can help you remember details.

4. Visualization

For many dancers, it's just good old practice that makes perfect—but you don't need to be in the studio to go over new material. You can even mark through choreography while you're waiting in line at the grocery store. "Try mini-marking, moving only your head or shoulders," Day says. Mendoza likes to close her eyes and go through the movement with her hands, imagining what it should look like full-out. "Practice for the visual image of it—imagine yourself going through space," Day says. "Once the movement gets into your head, it'll get into your body, too."

Game Time

Rather than help you remember specific pieces of choreography, these brainteasers will strengthen your memory overall. Try them out when you have a little downtime between rehearsals.

Daisy Chain

Commercial dancer Lizzie Gough likes to play this game with her dance friends: Form a circle and have one person in the circle show a movement. The person next to her should repeat that movement and add another of her own—and so on, all the way around the room, or until someone forgets part of the sequence.

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6.

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Day One

Today's meal plan contains about 2,250 calories, with 55 percent of those calories coming from carbohydrates, 20 percent fat, and 25 percent from protein. It also has about 34 grams of fiber.

Breakfast

- One grapefruit
- Two [poached eggs](#) (or fried in a non-stick pan)
- Two slices whole-grain toast with one pat butter each
- One cup low-fat milk
- One cup of black coffee or herbal tea

(Macronutrients: approximately 555 calories with 27 grams protein, 63 grams carbohydrates, and 23 grams fat)

Snack

- One banana
- One cup plain yogurt with two tablespoons honey
- Glass of water

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Snack

- One banana
- One cup plain yogurt with two tablespoons honey
- Glass of water

(Macronutrients: 360 calories, 14 grams protein, 78 grams carbohydrates, 1 gram fat)

Lunch

- [Chicken breast](#) (6-ounce portion), baked or roasted (not breaded or fried)
- Large garden salad with tomato and onion with one cup croutons, topped with one tablespoon oil and vinegar (or [salad dressing](#))
- Glass of water

(Macronutrients: 425 calories, 44 grams protein, 37 grams carbohydrates, 9 grams fat)

Snack

- One cup carrot slices
- Three tablespoon hummus

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Lunch

- A turkey sandwich (six ounces of turkey breast meat, large tomato slice, green lettuce and mustard on two slices of whole wheat bread)
- One cup low-sodium vegetable soup
- Glass of water

(Macronutrients: 437 calories, 59 grams protein, 37 grams carbohydrates, 6 grams fat)

Snack

- One cup (about 30) grapes
- Glass of water or herbal tea

(Macronutrients: 60 calories, 0.6 grams protein, 12 grams carbohydrates, 0 grams fat)

Dinner

- Five-ounce sirloin steak
- One cup mashed potatoes
- One cup cooked spinach
- One cup green beans

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(Macronutrients: 157 calories, 6 grams protein, 25 grams carbohydrates, 5 grams fat)

Dinner

- One cup steamed broccoli
- One cup of brown rice
- Halibut (four-ounce portion)
- Small garden salad with one cup spinach leaves, tomato, and onion topped with two tablespoons oil and vinegar or salad dressing
- One glass white wine (regular or decaffeinated)
- Sparkling water with lemon or lime slice

(646 calories, 42 grams protein, 77 grams carbohydrates, 8 grams fat)

Snack

- One cup blueberries
- Two tablespoons whipped cream (the real stuff—whip your own or buy in a can)
- Glass of water

(Approximately 100 calories, 1 gram protein, 22 grams carbohydrates, 2 grams fat)

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Snack

- Two slices whole wheat bread with two tablespoons jam (any variety of fruit)
- One cup non-fat milk
- Glass of water

(Approximately 337 calories, 14 grams protein, 66 grams carbohydrates, 3 grams fat)

Day Three

Today's meal has about 2,260 calories, with 55 percent of those calories coming from carbohydrates, 20 percent from fat, and 25 percent from protein. It also has 50 grams of fiber.

Breakfast

- One medium bran muffin
- One serving turkey breakfast sausage
- One orange
- One cup non-fat milk
- One cup black coffee or herbal tea

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Day Two

If you eat this whole menu, you get about 2,150 calories, with 51 percent of those calories coming from carbohydrates, 21 percent from fat, and 28 percent from protein. The meal plan also has 30 grams of fiber.

Breakfast

- One whole-wheat English muffin with two tablespoons peanut butter
- One orange
- Large glass (12 ounces) non-fat milk
- One cup of black coffee or herbal tea

(Macronutrients: approximately 521 calories with 27 grams protein, 69 grams carbohydrates, and 18 grams fat)

Snack

- Two oatmeal cookies with raisins
- Glass of water, hot tea or black coffee

(Macronutrients: 130 calories, 2 grams protein, 21 grams carbohydrates, 1 gram fat)

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