

## A healthy and complete diet of young athletes – artists



The project stemmed from the desire to deepen the theme of healthy eating for young artists, taking part in daily workouts and exercises aimed at achieving the best performance.

With this objective in mind the Bracco Foundation, together with the CDI, has created an eating plan dedicated primarily to students of the Academy Ballet School, but also to teachers, assistants and parents, key partners to reinforce the nutritional advice for a young athlete.

The project took the form of a series of classroom meetings which have been repeated every year since 2013 on the subject of diet with an expert in nutrition from the CDI. The content of which has been summarised in an e-book handed out to the young students. The Bracco Foundation has also created a panel with 10 tips for a healthy diet along with a food seasonality table located in the canteen of the Ballet School of the Accademia Teatro alla Scala.

In 2015 the Bracco Foundation also organised the conference "Alimentary Watson! A play on words of the original "Elementary, my dear Watson!" Performance in sport and dance" at the 2015 Milan Expo, to explore the subject of diet in recreational or competitive sports as a fundamental aspect of performance.