

Firefighter Daily Nutrition



Firefighters are considered tactical athletes, so proper fueling is key. To be ready to perform, you must first be a healthy human. Begin by building meals that satisfy and sustain. Use the Daily Power Plate graphic below as a guide.

Vegetables & Fruit



Get a colorful variety every day. Remember that all forms count: **fresh, frozen, canned, dried and juiced.**

Carbs

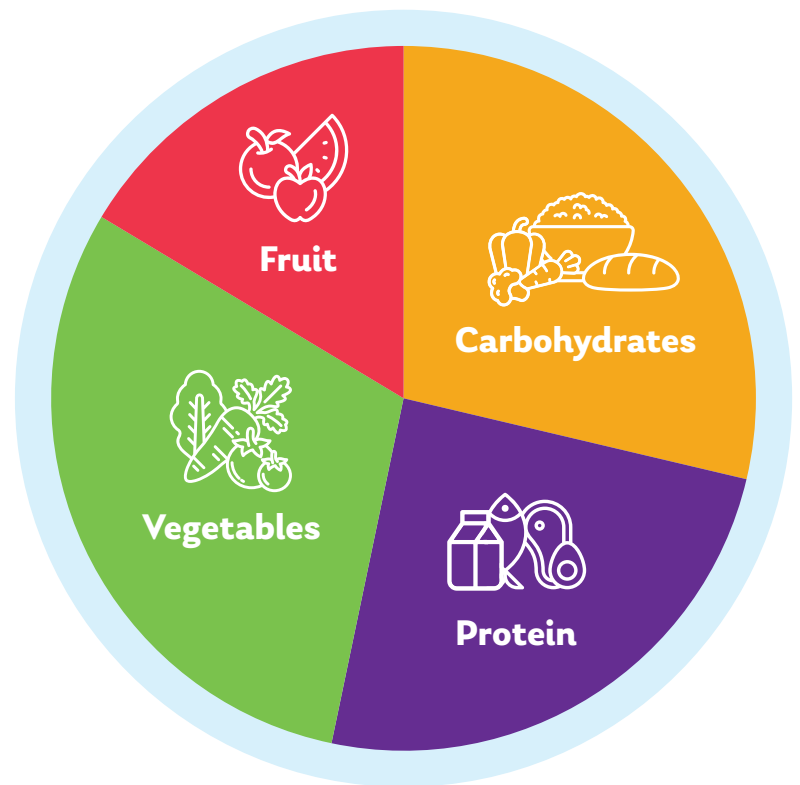


Whole grains, beans and starchy vegetables provide both energizing carbohydrates and fiber, a key nutrient for overall health.

Protein



Look for lean options like **low-fat dairy, eggs, poultry and lean beef.** Ensure that you spread your protein throughout the day for maximum satisfaction and rebuilding.



Your 3-Step Action Plan For Daily Nutrition

1. PLAN YOUR SNACKS

Avoid mindless snacking by planning ahead.

Select 2 of the food groups and pair them for a snack that moves you toward your health goals, not away from them.

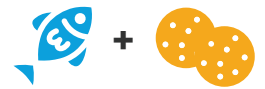
YOGURT
+
BERRIES



APPLE
+
PEANUT BUTTER



TUNA
+
WHOLE GRAIN
CRACKERS



Prioritize regular, nourishing meals as part of your daily routine.



Carry quick snacks for on-the-go.

2. PREVENT UNDERFUELING

Regular meals and snacks keep your metabolism steady.

Underfueling is likely to happen if you don't have access to food for 4+ hours, especially when work demands are high.

3. MONITOR APPETITE

Busy schedules can cause you to ignore or disregard your body's appetite cues.

See if you can detect subtle appetite cues such as:

- Thoughts drifting to food
- Difficulty concentrating
- Shift in mood
- Tiredness
- Empty stomach



Local dairy farm families are proud to partner with Two In, Two Out to bring wellness resources to first responders and their families in our communities.

Find more First Responder Resources here:

