

# Firefighter Performance Nutrition



Be ready when action demands your best performance. As a tactical athlete, you must look after nutrition so you can show up for your community.



## Handle daily nutrition like a pro

- Keep your baseline nutrition in good shape
- Ensure your body has what it needs when the call comes
- Protect your daily hydration



## Fuel for the call

- Carbohydrates are the preferred fuel for high intensity activity
- Decrease fiber and fat to ease digestive demand
- Keep nutrition simple when your body is in action

## Recover well with the 4 R's

**Rehydrate**  
with water & electrolytes

**Refuel**  
with carbohydrates

**Rebuild**  
with protein

**Rest**  
so your body can put that nutrition to work

**REMEMBER,**  
**food doesn't**  
**just fuel your body**

LANGUAGE  
COORDINATION  
SENSORY PERCEPTION  
LEARNING BALANCE  
REASONING  
MEMORY

Your mind is equally as important to effectively do your job. **Reaction time, decision-making, emotional processing and problem solving** all require nutritional support.



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:



**unbottled.**  
POWERED BY DAIRY WEST

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