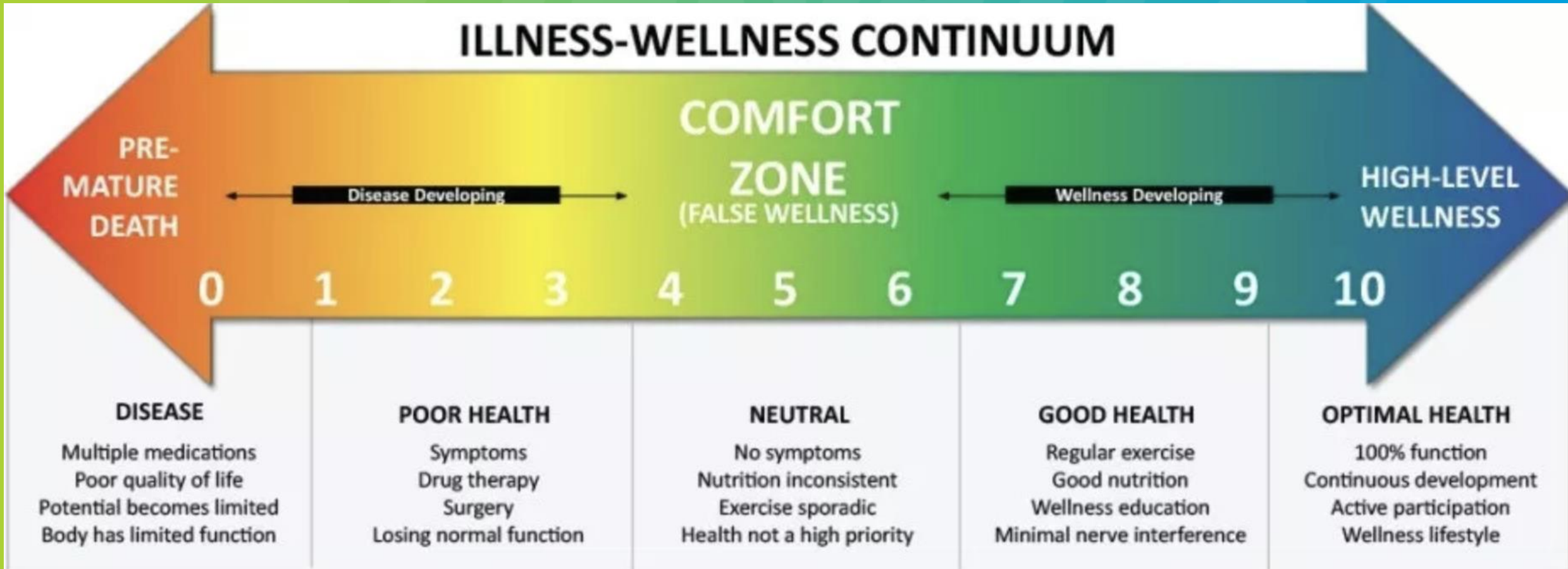


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Introduction to Nutrition



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ADAPTED FROM DR. JOHN TRAVIS, 1972

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Firefighters are tactical athletes

To get the most out of your body, you
need to put the best into it.

HEALTHY FATS

Knocks out inflammation



FRUIT

Energy + hydration



PROTEIN

Repair and rebuild



VEGETABLES

Durability



HYDRATING BEVERAGES

Maximum performance

WHOLE GRAINS

Energy (or go fuel)

BALANCED SNACKING



PROTEIN + PRODUCE COMBOS

Banana + nut butter

Trail mix

Fruit + yogurt

Boiled egg on a small salad



+ CARBOHYDRATES FOR EXTRA ENERGY

- Put on whole grain bread for a sandwich
- Add your favorite whole grain cereal to the mix
- Sprinkle granola on top
- Throw the salad in a whole grain wrap



Sample Day

| | |
|-------------------------|---|
| <i>Breakfast</i> | 2 whole grain waffles 2 Tbsp maple syrup 2 Tbsp peanut butter Blueberries 6 oz nonfat or low-fat yogurt |
| <i>Snack</i> | Rx Bar Medium apple |
| <i>Lunch</i> | Tuna sandwich on whole wheat w/ lettuce, tomato Red grapes 12 oz Diet Coke Cookie or cinnamon bears |
| <i>Snack</i> | Chicken snack wrap with spinach and hummus in whole wheat tortilla Serving of corn chips |
| <i>Dinner</i> | Chicken curry over basmati rice Steamed broccoli |
| <i>Snack</i> | Frozen yogurt Stewed peaches |



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KEY NUTRIENTS FOR HEALTH & PERFORMANCE

FIBER

Insoluble and Soluble Fiber

Lowers
Cholesterol

Improves Satiety

Feeds Gut Microbiome



Fiber Foods

Apples

Oatmeal

Kidney beans

Spinach

Berries

Barley

Dried apricots

Broccoli

Lentils

Chia or flaxseed

Raisins

Bran flakes

Popcorn

Garbanzo beans

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**KEY NUTRIENTS
FOR HEALTH &
PERFORMANCE**

**LEAN
PROTEIN**

Maintain lean body mass

Immune Function

Vitamins and Minerals

Heart Healthy



Lean Proteins

Low fat or nonfat milk
Boneless, skinless chicken
Tuna
Shrimp
Eggs
Low fat Greek yogurt
Beans

Lentils
Tofu
Skim or 2% cottage cheese
90% lean beef
Pork loin
Whey protein powder

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**KEY NUTRIENTS
FOR HEALTH &
PERFORMANCE**

**HEALTHY
FATS**

Brain Function

..... Heart Health

Reduce Inflammation

Joint Health



Healthy Fats

Walnuts

Olive oil

Avocado

Almonds

Chia seeds

Canola oil

Fatty fish (salmon, sardines, mackerel)

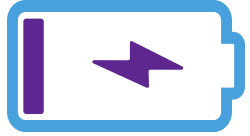
Low fat dairy

Flaxseed

Nut butters

Pistachios

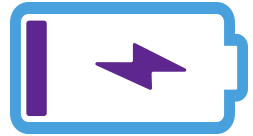
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EFFECTS OF UNDERFUELING

Underfueling occurs when nutrition intake does not meet training demands. This can result in:

- Chronic fatigue
- Sore muscles
- Getting sick
- Injury
- Hormonal imbalance
- Low motivation
- Mood swings
- Anxiety or depression
- Trouble sleeping



UNDERFUELING → OVEREATING

Going longer durations without eating causes hunger to get stronger. This can lead to...

- Fatigue
- Poor decision making
- Impaired judgment



- Disinhibition with food
- Blood sugar swings
- Indigestion and irregularity

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The Hunger Scale



HOW MUCH SHOULD I EAT?

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HYDRATION 101



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Hydration Considerations

- Workload
- Access to food
- Access to fluid
- Body size
- Ambient conditions
- Clothing
- Fitness level

The HYDRATION Trifecta



Fluids



Electrolytes



Sweat Rate

Daily Hydration Strategies

Water first!

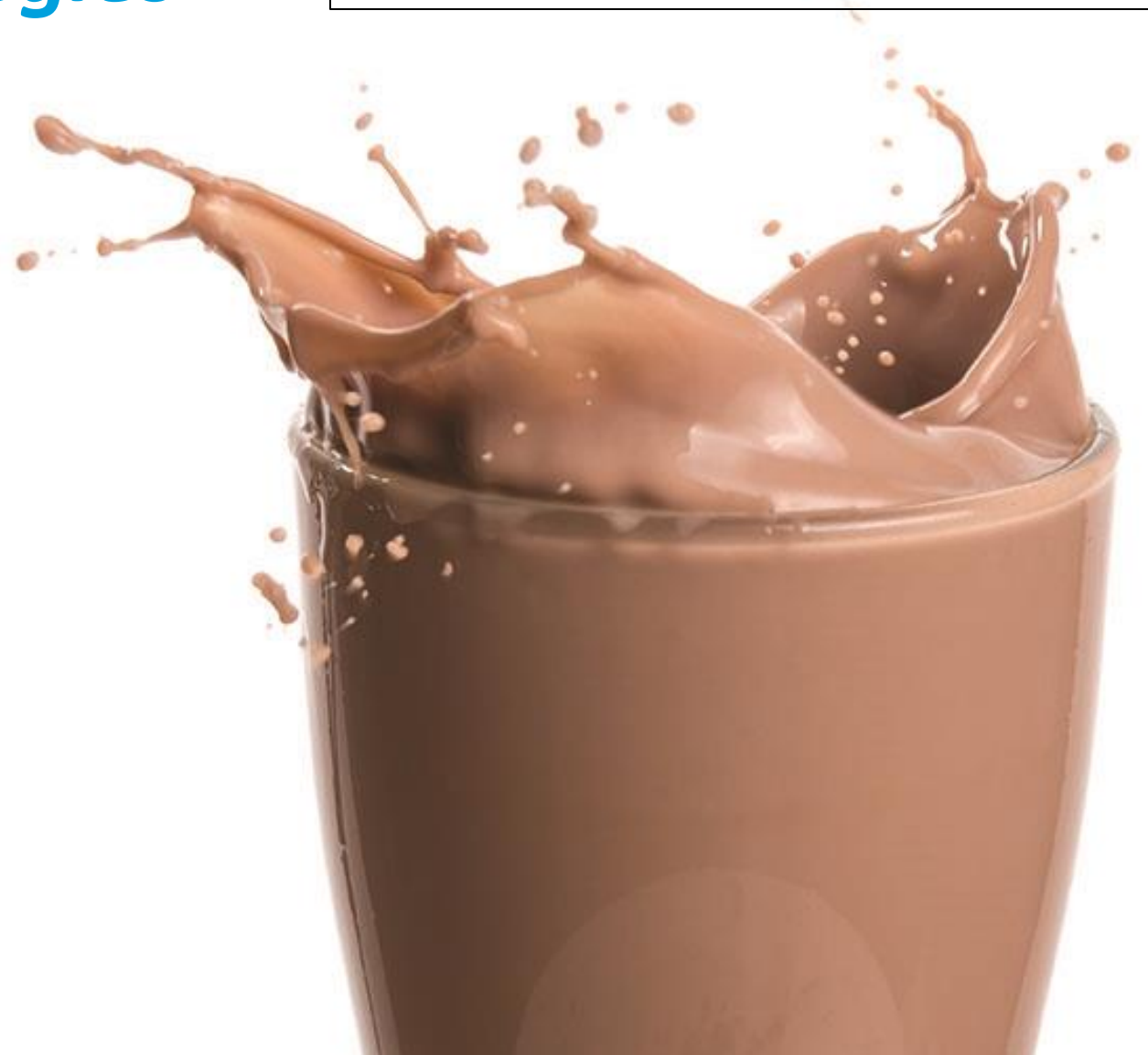
- Primary beverage for daily hydration
- Carry a water bottle
- Build a habit

Choose hydrating foods

- Snack on fresh/canned fruits and veggies
- Broth-based soups

Baseline Target:

- 0.5 oz per pound body weight



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SUMMARY

SUMMARY

- Everyday nutrition allows you to assist and protect your community
- Top-notch nutrition sets you up for the long game
- Proper nutrition and hydration are daily objectives, so you are always prepared for action
- Have balance on your plate. Use the healthy plate to guide you

