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YOUR

*Fueling the First Responder*

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**EAT FOR HEALTH**



**EAT FOR ACTION**



**EAT FOR LIFE**



# ***FIREFIGHTER HEALTH***

→ ***40-50% LODD over 10 years  
were cardiovascular events***

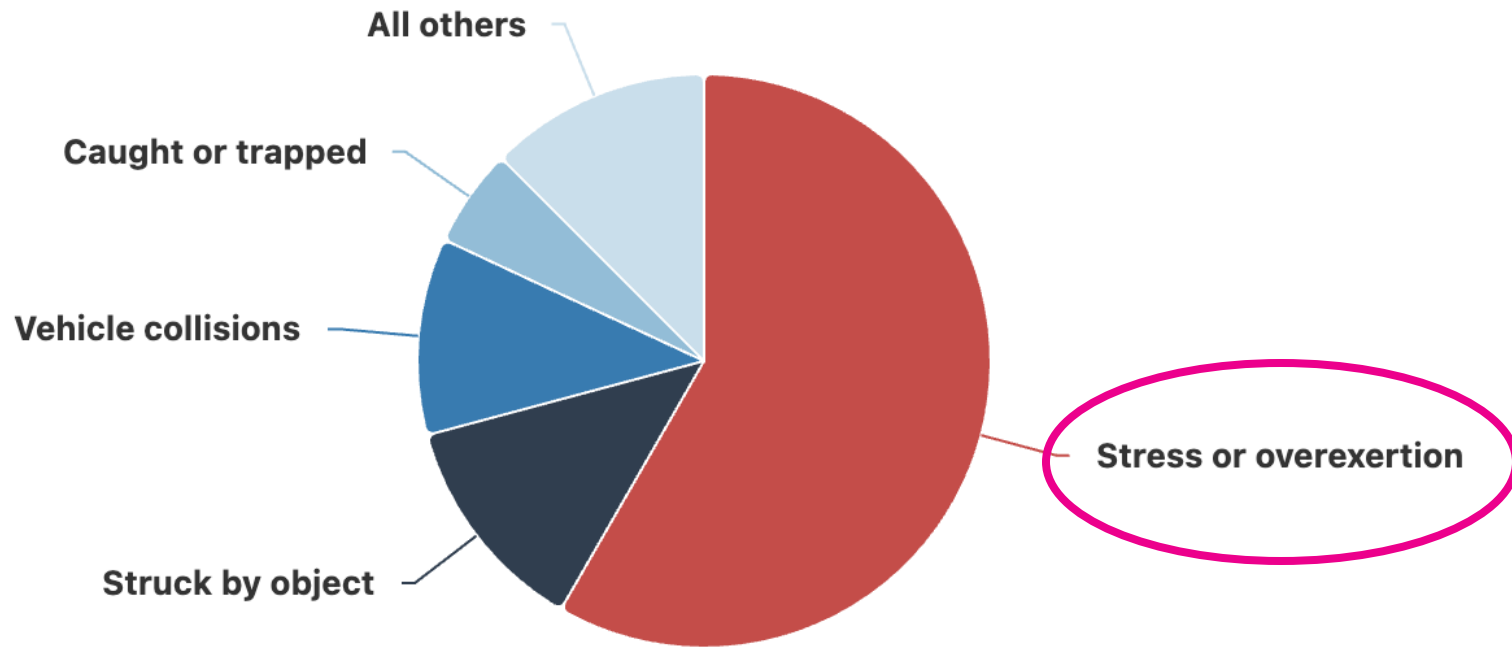
→ ***Obesity increases odds of  
cardiovascular death by  
1.5-6.6 times***



→ ***30% of First Responders develop  
behavioral health conditions like  
depression and PTSD***

→ ***Reduced muscular and cardiovascular  
fitness impairs job performance***

# Firefighter fatality causes (2024)



Cause	Fatalities
Stress or overexertion	42
Struck by object	9
Vehicle collisions	8
Caught or trapped	4
Exposure	2
Unknown	2
Other	2
Collapse	1
Fall	1
Contact with	1

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*Over 70% of firefighters express a  
need for more health  
education...specifically nutrition*

EDUCATION IS STEP ONE.  
THE NEXT STEP IS YOURS TO  
TAKE.

# *Set the stage...*

## **Meal Routine**

- Shift day vs. off day
- Train your body
- Adopt a team approach

## **Sleep**

- Disrupted sleep affects appetite, alertness and energy levels
- Caffeine  $\neq$  energy

## **Snacks**

- Station snacks
- To-go snacks
- Performance snacks

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YOUR

**PRIME**

*Fuel to answer the call*

# POWER MEAL

## Components:

- **Nutrition**
  - Sustainable carbohydrates
  - Fiber
  - Color
  - Lean protein
- **TASTE!**

**!** CHECK IN: How's hunger/fullness?



# Smart Snacking



## Station Snacks:

- Cottage cheese + fruit
- Tuna + crackers
- Bean dip + veggies
- Chicken salad wrap
- Peanut butter + apple
- Whole grain cereal + milk



## To-go Snacks

- Trail mix (fruit + nut)
- Protein bar
- Chocolate milk
- Protein shake
- Nuts/seeds
- Jerky

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**PERFORM**



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## *3 Nutrients For High Intensity*



### *FLUID*

To replace sweat losses and facilitate energy production



### *CARBOHYDRATE*

Rapid energy for brain and body



### *SALT*

Primary electrolyte ensuring fluid is absorbed and utilized

# *Performance Snacks*

## **Fluid**

- Water
- Sports drinks
- Broth
- Juice
- Chocolate milk

## **Carbohydrates**

- Crackers
- Cinnamon bears (chewy candy)
- Sports foods
- Dried fruit
- Pretzels
- Applesauce packs
- Fig bars

## **Salt**

- Jerky
- Salted nuts
- Chips
- Pickles
- Snack cheese

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***RECOVER***



# ***ADRENALINE***

```
graph LR; A[ADRENALINE] --> B[MOBILIZES FUEL]; A --> C[DIVERTS BLOOD TO MUSCLES]; A --> D[INSULIN RESISTANCE];
```

## MOBILIZES FUEL

Increases blood glucose and circulates fatty acids for fueling action

## DIVERTS BLOOD TO MUSCLES

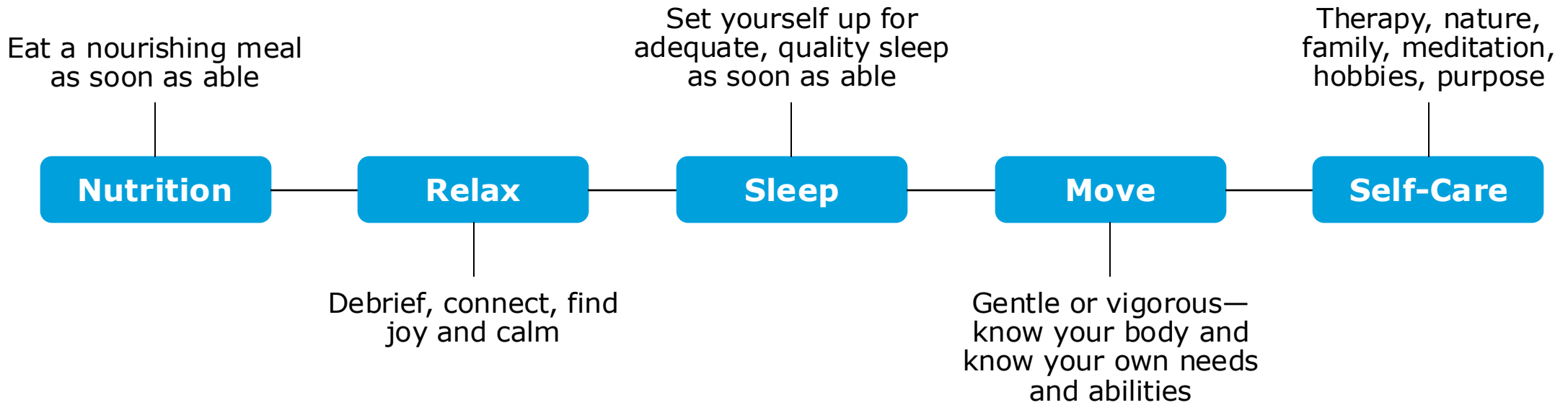
Less bloodflow for digestion

## INSULIN RESISTANCE

Blood sugar remains high for on-demand energy

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## *Calm and Restore*



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# *SUMMARY*

# ***SUMMARY***

- Prepare for action by practicing routine nutrition and health habits
- 3 nutrients fuel high-intensity demands: carbohydrate, water and salt
- Adrenaline is part of the job, and needs to be balanced with healthy behaviors



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**QUESTIONS?**