



Fueled to Fight
Healthy Eating
Supports the Mission





Are you Fueled to Fight?

		Engage at will	Well Aimed Shots	Check Fire
Dairy	* 3 cups every day	Non Fat or 1% Milk, Fat Free or Low Fat Yogurt or Greek yogurt, Non Fat Sour Cream, Cottage Cheese (non fat or 1%), Non fat Dry Milk	2% Milk, Sherbet/ Frozen Yogurt, Low Fat Sour Cream, Low fat & Light Cheese, Buttermilk, Ice Milk	Whole Milk, Creamer, Whipped Cream Whole Milk Yogurt, Sour Cream & Cottage Cheese, Regular Cheese & Ice Cream, Milkshake, Cheesecake
Meat/ Protein Sources	* 5 ½ to 6 ½ ounces every day	Egg Whites, Egg Beaters, Any Fresh Fish, Chicken or Turkey breast (without the skin) Round cuts of beef, pork tenderloins, Non fried tofu or other soy products.	Whole Eggs, Fish: water- packed canned, salted or smoked, Shellfish Game Hen, Dark Poultry meat, Canned Chicken, Turkey Franks Most Beef, Pork, Lamb, Veal (extra lean)	Egg yolks, Fish: Oil packed canned, Fried Fish Processed Meats (sausage, bacon, hot dogs, some lunch meats) & Organ Meats Fried & Fast Foods Meat, Canned Meats & Stews, Fatty Marbled Red Meat



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Grains/ Cereals	<p>*At least 6 to 8 ounces a day. AT LEAST ½ of the grain servings should be whole grains.</p> <p>Example: 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent.</p>	<p>Whole wheat pita, tortilla, or English muffins, whole grain cereal or pasta, Whole cornmeal, Bulgur. Look for grains with 3 or more grams of dietary fiber per serving. Whole grain pretzels. Grain crackers, rice cakes, brown rice. Buckwheat, oatmeal, muesli, whole rye, wild rice, amaranth, millet, quinoa, sorghum. Popcorn: air popped, no butter.</p>	<p>Breads or cereals with less than 3 grams of fiber per serving. Refined grains and pastas such as corn tortillas, couscous, degermed cornmeal, crackers, flour tortillas, white flour, white rice, regular pasta, grits, and noodles. Most pretzels. Pancakes, bagels or muffins with less than 3 grams of fiber per serving. Baked chips. Popcorn: low fat and light</p>	<p>Most snack crackers, most granola, biscuits, bakery products such as cake, pies, cookies, doughnuts, Danishes. Prepackaged rice or pasta with sauces. Macaroni and cheese. Sweetened cereal. French Fries. Chips. Popcorn: regular microwave or popcorn from the movies</p>



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Fats & Oils	Use Sparingly	Spray Oils (ex Pam) Use other spices, seasonings	Imitation/ Reduced Fat Mayo Salad/ Vegetable Oil Margarine, Low fat & light salad dressing	Regular Mayo, Tartar Sauce, Butter, Hard Margarine, Palm and Coconut Oil, Animal Shortening / Lard
Dried Beans, Peas, Nuts	Dry beans and peas can be counted either as vegetables (dry beans and peas subgroup), or in the meat, poultry, fish, dry beans, eggs, and nuts (meat and beans) group.	Natural peanut butter, almond butter, kidney beans, pinto beans, lima beans, black beans, chick peas, split peas, black-eyed peas, and lentils	Regular peanut butter, low fat refried beans, some varieties of garden burgers or veggie burgers. Texturized vegetable protein. Unsalted sunflower seeds, almonds, walnuts, and hazelnuts (filberts).	Refried beans, salted nuts, and some packaged trail mixes.



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Fruits and Vegetables	<p>At least 2.5 cups of fruit and at least 4 cups of vegetables a day</p> <p>Example: 1 cup of fruit or 1 cup of 100% fruit juice counts as 1 cup. ½ cup of dried fruit can be considered as 1 cup.</p> <p>Example: 1 cup of raw or cooked vegetables, or 1 cup of vegetable juice counts as 1 cup.</p>	<p>All fresh fruits and vegetables. Frozen vegetables.</p> <p>100% fruit and vegetable juices. Frozen juice bars. Salsa. No added salt canned vegetables. Dried fruit. Unsweetened applesauce. Avocado, olives, sauerkraut</p>	<p>Canned fruit in light or heavy syrup. Regular canned vegetables. Sweetened applesauce. Frozen fruits with added sugar. Frozen veggies with sauce or cheese. Coleslaw, potato salad, French fries, onion rings, hash browns, tater tots, scalloped or Au Gratin Potatoes. Deep fried vegetables. Fruit candies, fruit drinks that are not 100% fruit juice, sweetened dried fruits.</p>



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Beverages	*Serving size depends on individual needs	Water, Non fat or 1% milk, Unsweetened Tea and Coffee	Sports Drinks, Diet Soda, 100% fruit and vegetable juices, 2% milk	Energy Drinks, Regular Soda, fruit drinks, punch, lemonade, sweet tea, whole milk, alcohol
Supplements	*Serving size depends on individual supplement	If your doctor has determined the supplement is safe for you and prescribes a safe dose to follow.	Multivitamin products with seals from third-party verification programs (Ex. USP, NSF, etc). Vitamins/minerals that do not exceed 100% of the daily value. Always ask a physician before taking a vitamin/mineral. Small doses of caffeine may increase athletic performance if approved by your physician.	Energy Drinks. Any supplement that has limited research. Any supplement that you have not cleared with a physician. Supplements may interact with medications and may cause increased risk for dehydration.



PROTEIN

- 1.2 – 1.7 gm/kg (0.5 – 0.8 gm/lb) bodyweight
- Recommended pre-workout
 - Slows glycogen depletion
- Required post-workout for recovery
- Repairs muscle
- **Best Food Sources – Dairy, Fish, Eggs, Beans, Chicken**



CARBOHYDRATES

- 6 – 10 gm Needed pre-workout
 - Liver glycogen
 - Blood glucose
 - Decreases protein catabolism
- Required post-workout for recovery
- Replenishes liver and muscle glycogen
- **Best Food Sources – Fruits, Veggies, Whole Grains, Beans, Dairy**



FAT

- 20 – 35% of total energy intake or 1.0 – 1.5 gm/kg BW/day.
- Energy source
- Provides essential fatty acids
- Carries fat soluble vitamins
- **Best Food Sources – Olive Oil, Canola Oil, Flax, Natural Peanut Butter, Avocado, Nuts and Seeds, Fatty Fish**



Vitamins and Minerals

- Provides Antioxidants and Phytochemicals
 - Cleans up free radical production and other waste products
- Required for oxygen transfer and delivery
- Required for tissue repair
- Supports growth and development
- Needed for many metabolic processes
- **Best Food Sources – Fruits ,Veggies, Whole Grains, Beans, Dairy, Fish, Eggs, Nuts and Seeds**



EAT!

- Breakfast
- Snack
- Lunch
- Snack
- Dinner



Consume some protein and some carbs at every meal along with fruits and veggies and some healthy fat.



Pre Workout Meals

Focus on Carbs at least 3-4 hours prior

Before Workout

- Banana and peanut butter sandwich and milk
- Bagel sandwich w/ lean meat, cheese and veggies
- Chicken, rice and veggies
- Spaghetti with lean meat and salad

Focus on Carbs at least 30 minutes to 1 or 2 hours prior

Before Workout

- Banana
- ½ bagel
- 6 oz chocolate milk or flavored soy milk
- Small smoothie
- Carnation Instant Breakfast





Example

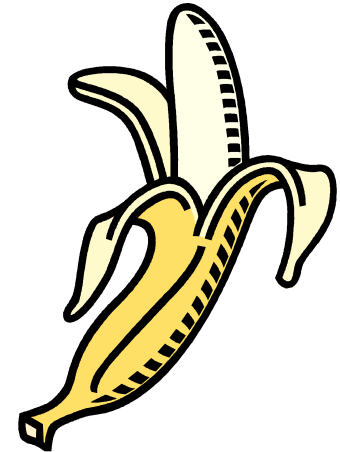
- 1 – 2 Hours Before Workout

1 Banana

1 – 2 Tbsp Natural Peanut or Almond Butter

4 – 8oz Nonfat or 1% Milk

- Provides:
 - Slow Burning Carbs
 - Protein
 - Fluid
 - Calcium
 - Magnesium
 - Potassium





Recovery

Eating a combination of carbohydrates and protein (4:1 ratio) within 30mins post-workout helps:

- Maximize muscle protein synthesis
- Improve muscle function
- Decrease muscle breakdown
- Faster glycogen replenishment in the muscles
- Reduce muscle soreness
- Improve muscle strength and body composition



Post Workout Snack

Focus on Protein and Carbs within 30 minutes of competition for recovery

- 8-16 oz chocolate milk or flavored soy milk
- Low fat cottage cheese and fresh fruit
- Peanut butter and banana sandwich, glass of low fat milk or flavored soy milk
- Turkey sandwich with fruit or veggies
- Flavored Greek yogurt and fresh fruit
- Scrambled eggs, whole wheat toast and fruit
- Large smoothie





Post Workout Meal

Eat food from the following food groups:

- *Protein/Dairy
- *Carbs (whole grains)
- *Fruit
- *Veggies

Examples:

1. Homemade Burrito (tortilla, rotisserie chicken, beans, lettuce, tomato, light cheese and salsa) and fruit
2. Grilled chicken strips with microwave brown rice, frozen veggies and fruit
4. Tuna in water with Triscuits, provolone cheese and fruit



It Is Always Better To Use FOOD!

■ **Supplements:**

- **Are not FDA regulated – No Government testing required**
- **Are expensive**
- **Often don't work**
- **Don't come close to what whole food offers**

Banned Supplements – Due to illness and death:

- **Ephedra-containing products**
- **Hydroxycut**
- **Tryptophan**



Possible Beneficial Supplements

- Multi - Vitamin/Mineral
- Whey Protein Isolate (only after exercise)
- Caffeine (only 1 – 2 cups per day)
- Fish Oil – if low fish consumption
- Vitamin D – only after testing

Be Smart...

- Use well-known brands
- Take only the recommended dose
- Avoid ordering supplements on the Internet, especially banned supplements!



HYDRATION





3,000-Calorie Sample Menu

Food Item	Calories	Total Fat (gm)	Protein (gm)	Carb (gm)
Breakfast				
Raisin Bran cereal, 1 cup	190	1	6	45
Low-fat milk, 8 oz	102	2	8	13
Scrambled Eggs, 1/3 cup	155	11.2	10.2	2.9
Grilled Ham Slice, 1	88	2.9	16	0
Orange Juice, 8 oz	112	0	2	27
Snack				
Apple, 1 large	116	1	0	31
1 Tbsp PB	101	8	4	3
Lunch				
Beef, Vegetable, and Barley Soup, 1 cup	89	2.1	6.3	11.4
Bayou Chicken, 5 oz.	131	2.2	24.3	2.8
Cauliflower, 3/4 cup	112	7.8	3.6	9
Sautéed Green Beans, 3/4 cup	101	5.8	2.7	10
100% Apple Juice, 8 oz	114	0	0	28
Snack				
Almonds, 1/4 cup	206	18.25	7.5	6.75
Sunflower Seeds, 3 Tbsp	163	14	5	7
Dried Cranberries, 1/3 cup	123	0	1	33
Cheerios, 1 cup	103	3	2	21
Dinner				
Baked Turkey and Noodles, 1 cup	277	8.5	18.8	30.3
Peas, 3/4 cup	103	0.3	6.6	19.1
Squash and Carrot Medley, 3/4 cup	39	0.5	2	8.2
Vanilla Pudding Parfait	95	2.5	4.9	13.4
Low-fat milk, 16 oz	204	4	16	26
Snack				
Banana, 1 medium	105	0	1	27
Low-fat, Fruited Yogurt, 6 oz.	174	2.4	6	30
TOTAL	3003	97.45	153.9	404.85
		27%	20%	53%