

Tactical Nutrition for Military Performance

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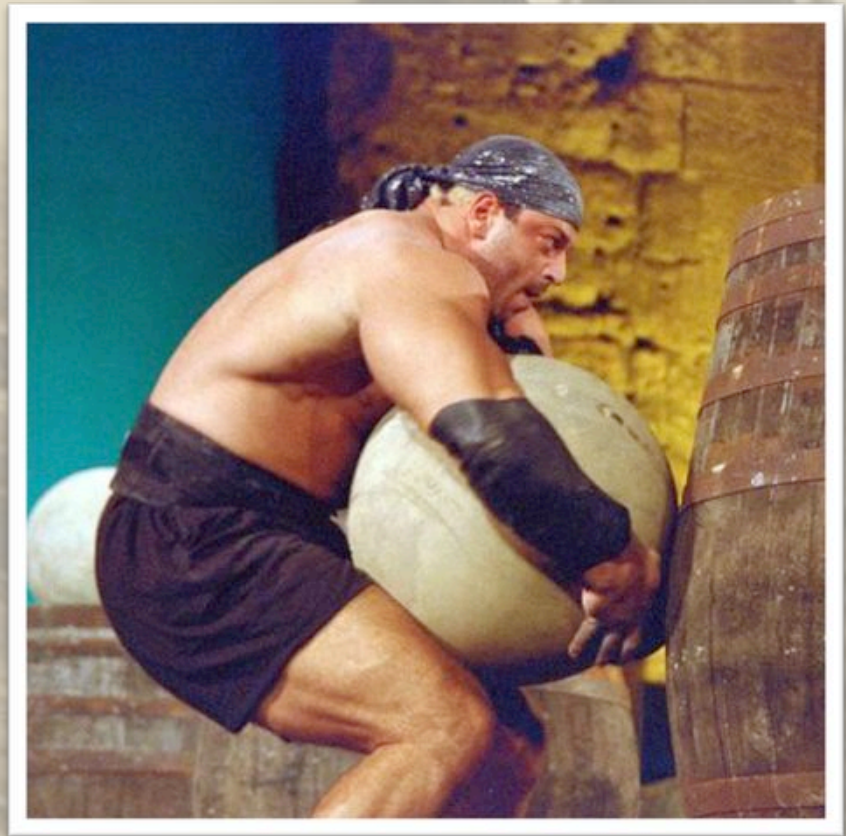
ARE MILITARY PERSONNEL "ATHLETES"?



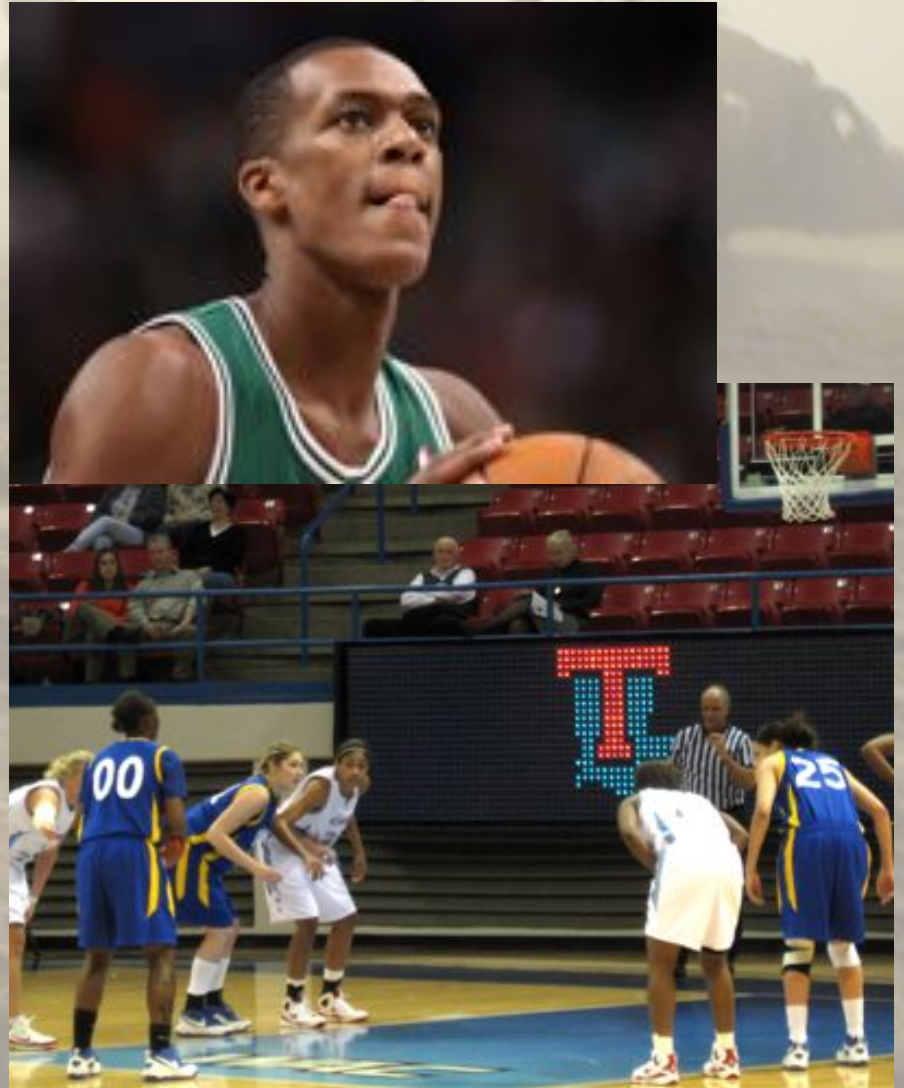
Athletes vs Military



Athletes vs Military



Athletes vs Military



You're a high performance machine...



...treat it like one

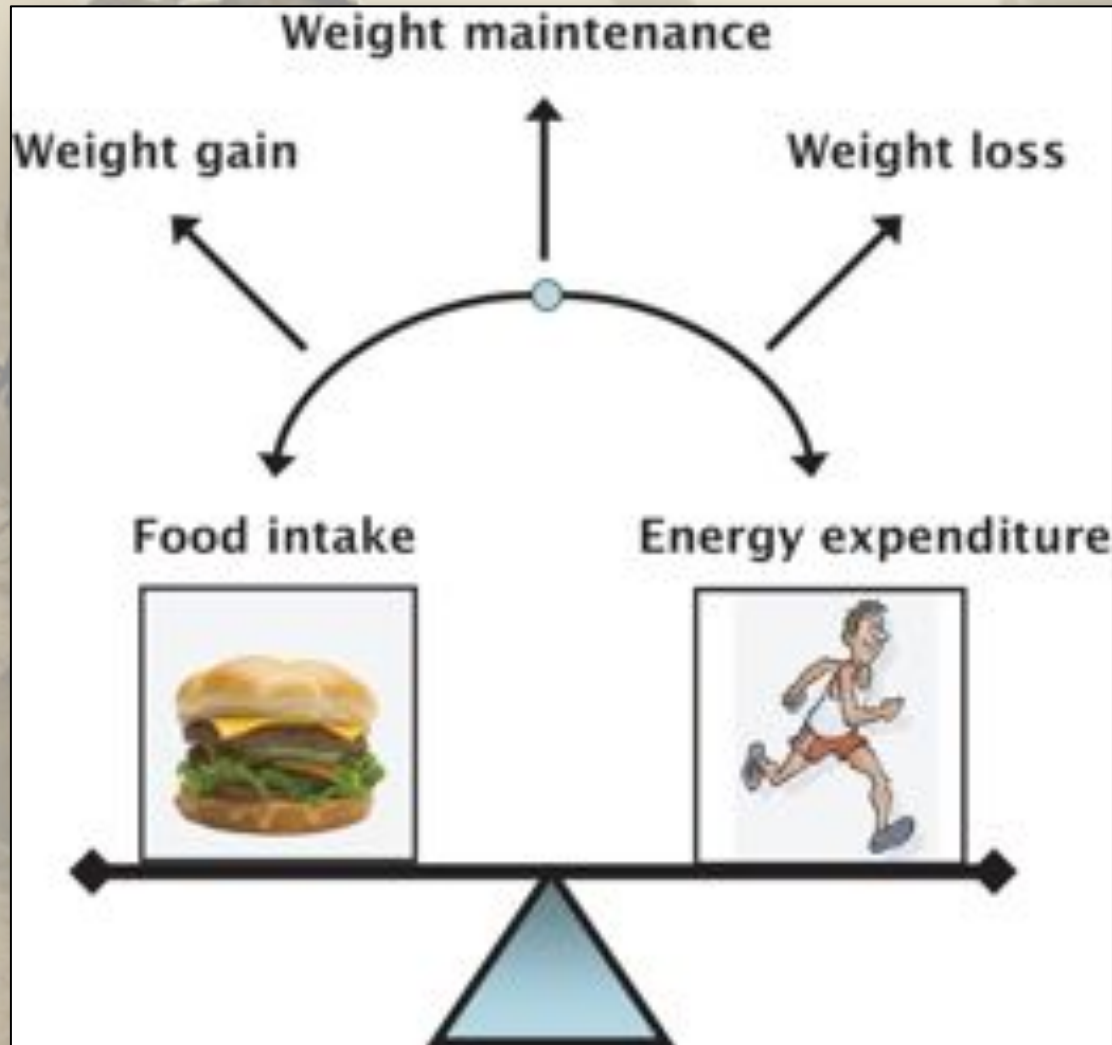


Eating for performance

- Calories is the prime objective
- Time your meals right
- Stay hydrated
- Vitamins & Minerals
- Do you need supplements?

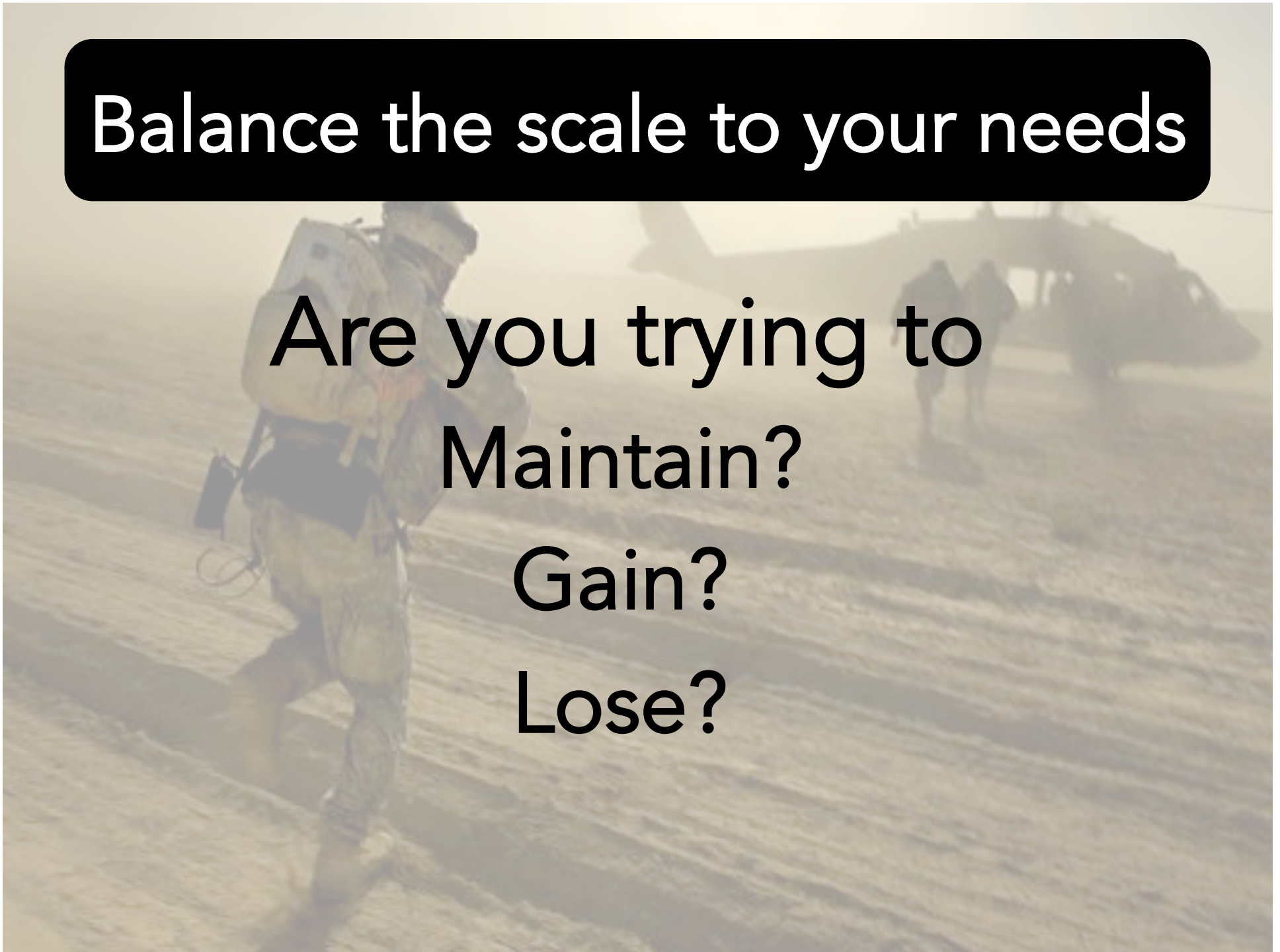


Calories in, calories out



Balance the scale to your needs

**Are you trying to
Maintain?
Gain?
Lose?**



Balance the scale to your needs



Weight Loss

1 pound at a time

1 pound = 3500 Calories

– 500 Calories per day



Cutting Calories

2 Tbsp Mayo	200
1.5 oz chips	250
1 Snickers Bar	275
4 Oreo cookies	280
Long Island Iced Tea	300
2 cans beer	300
2 cans light beer	200
2 cans soda	300

Healthier snacks

Smarter Choices

1 orange	60
4 oz fruit cup (light syrup)	80
10 large strawberries	100
1 large banana	120
1 lowfat yogurt cup	140
2 large eggs	150
Tuna packet	200

SIZE



12oz
Can of
Coca-Cola



16oz
Rockstar Energy
Drink Can



20oz
Arizona Lemon
Ice Tea



30oz
7-Eleven Big
Gulp filled with
Coca-Cola



40oz
7-Eleven Super Big
Gulp filled with
Mountain Dew



50oz
7-Eleven Double
Gulp filled with
Baq's Root Beer



52oz
7-Eleven Xtreme Gulp
filled with Dr. Pepper

CALORIES

140

248

270

371

568

694

780

Three Basic Nutrients

A soldier in full combat gear, including a helmet and a large backpack, is walking in a desert environment. In the background, other soldiers and a military vehicle are visible, suggesting a field operation or training exercise.

Carbs

Protein

Fat

(and water)

Carbohydrates

- Main source of fuel for hard exercise
- Spares body protein
- Faster recovery
- Maintains normal blood sugar levels
- Postpones fatigue



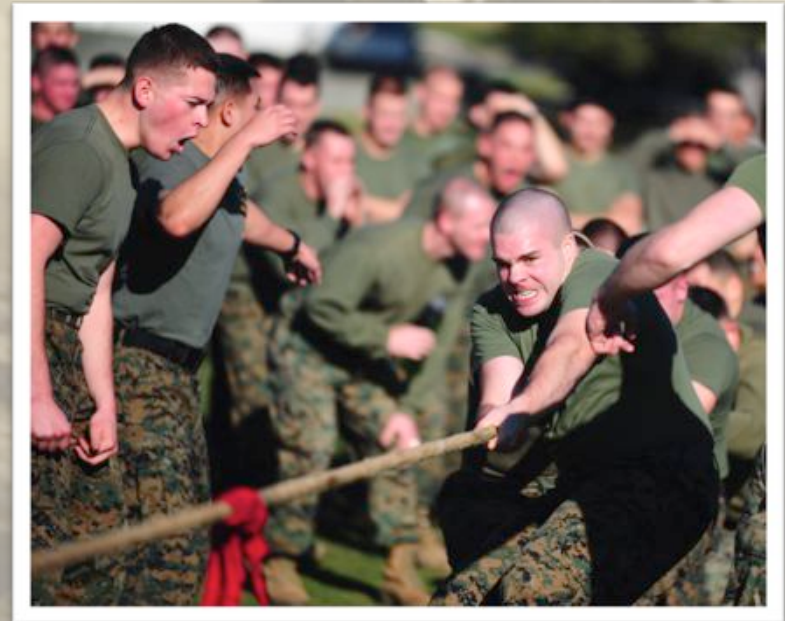
Good Carbohydrate Sources

- Bread, cereals, rice, pasta
 - Good source of energy, but easy to overeat
- Whole grain
 - Oats, whole wheat, quinoa
- Fruits
 - Low in calories
 - High in fiber
 - Ideal for weight loss (pair with protein)



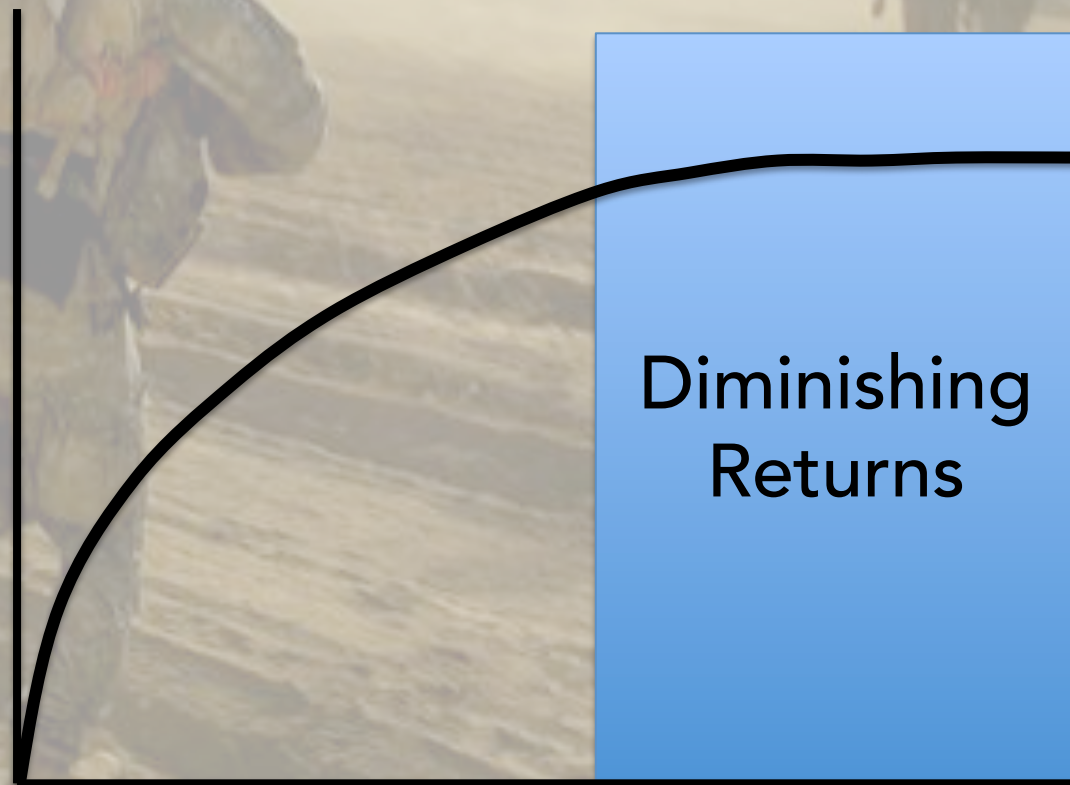
Protein

- Builds & Repairs **Muscle**
- High quality proteins
 - Meat, Chicken & Fish
 - Dairy
 - Eggs
 - Nuts
- How much?
 - 0.5- 1g per lbs body weight
 - 175 lbs = 130 g protein/day



Too much protein?

- Any more protein beyond 1g/lbs is unnecessary



Excess protein = Excess calories

Fat

- Fat = energy
- Primary fuel for light to moderate activity
- Supports joints
- Essential for recovery

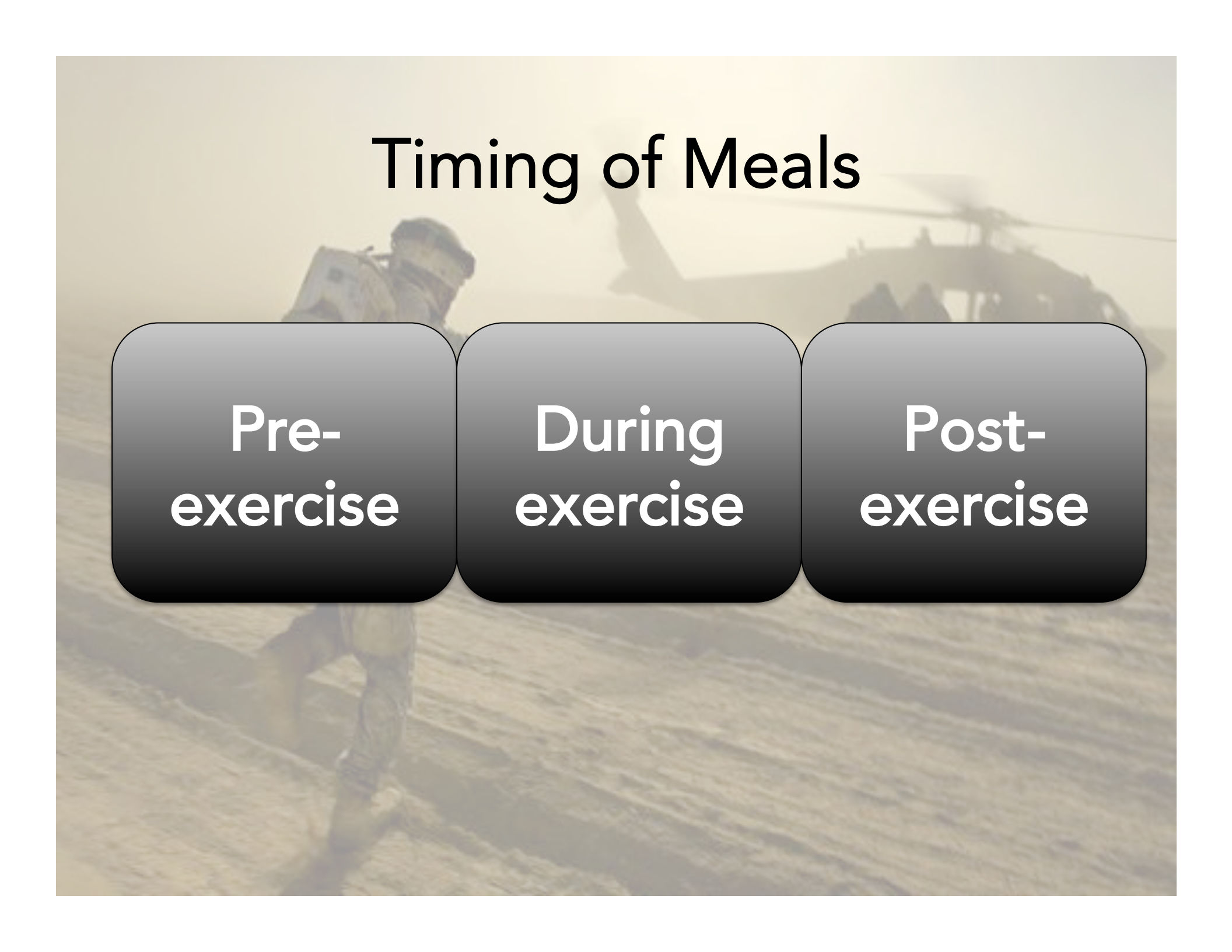


Truth about Fat

- Fat does not make you fat
- Fat helps you feel full
- Fat is high in calories, so make it work for you



Timing of Meals

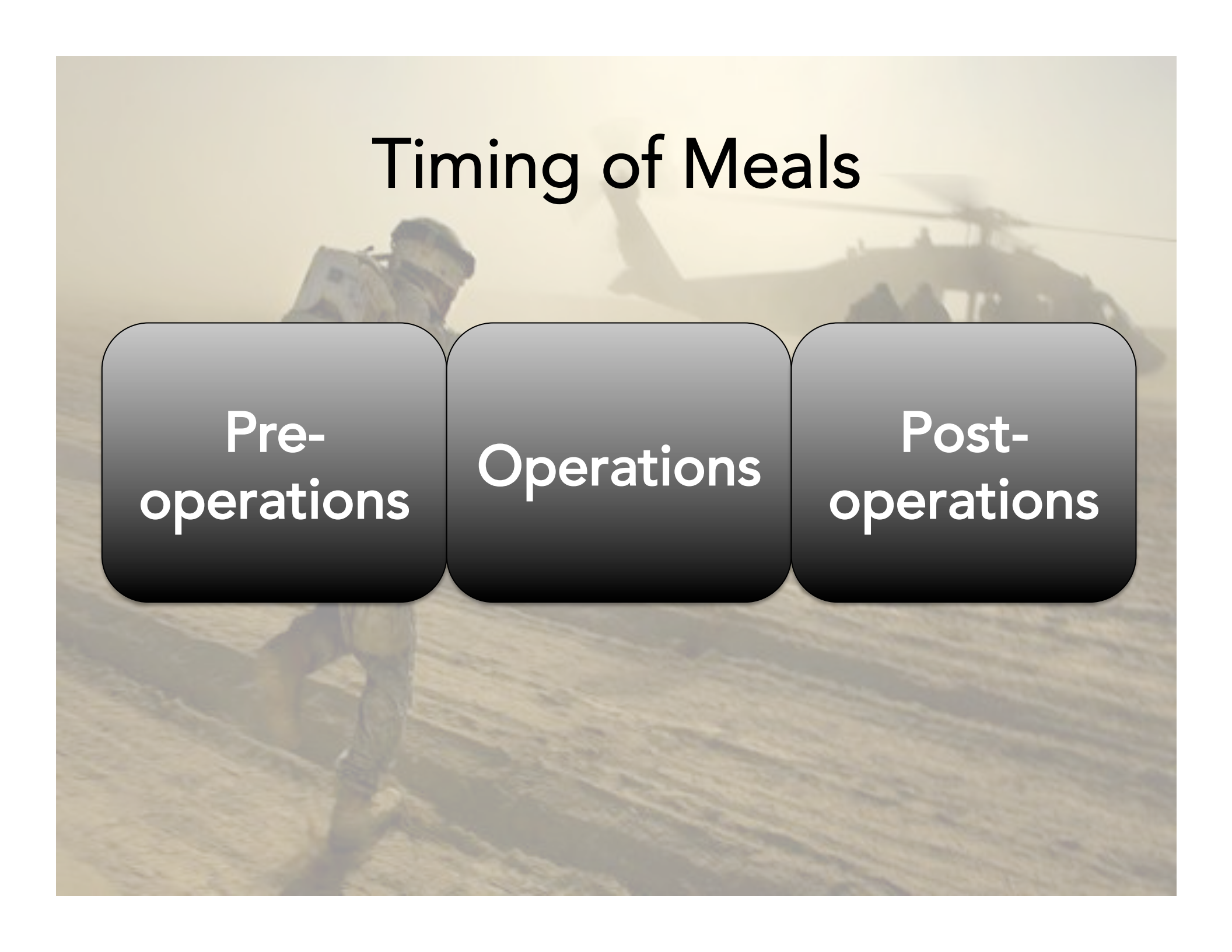
The background of the slide is a faded, sepia-toned photograph of a soldier in full combat gear, including a helmet and a large backpack, walking across a sandy desert. In the background, a military helicopter is visible, its rotors blurred, suggesting it is in motion. The overall scene is hazy and atmospheric.

**Pre-
exercise**

**During
exercise**

**Post-
exercise**

Timing of Meals



**Pre-
operations**

Operations

**Post-
operations**

Timing Meals- Before

- Preps your body
- Gives you energy for your workout
 - You can go harder & longer → more Calories burned
- Eat ½ - 2 hrs before exercise
- Carbs are most important here
 - Bagel, Toast, or Cereal
 - Piece of fruit
 - Glass of juice

Timing Meals- During

- Stay Hydrated!
- If you're not going for longer than 1 hour
 - YOU DON'T NEED ANYTHING
- Eat if you're going for >1 hour
 - Carbs again are most important here
 - Prevents "hitting the wall"
 - Drink calories if you want
 - Ex. 2 cups sports drink & banana

Timing Meals- After

- Very important to for two-a-day workouts or if you have a physical MOS / NEC / AFSC
- Tag team CARBS + PROTEIN together
 - Refuels your glycogen (energy) stores
 - Jump starts the muscle building process
 - Ex. Chocolate milk, peanut butter sandwich, trail mix, turkey on a bagel

Meal Timing

- **Don't skip meals!!!!**

- Risks:

- Mental

- Loss of focus / concentration
- Poor decision-making
- Less productive

- Physical

- Run slower
- Lift less
- Increased risk of injury
- Poor recovery

Meal Timing

- **Don't skip meals!!!!**
- Eat throughout the day
 - Maintains energy levels
 - Protein at each meal
- Looking for weight gain?
 - Multiple small meals per day
 - Add back liquid calories (milk, juice, smoothies)

Hydration

- Essential for performance
 - Regulates body temperature
 - Carries nutrients & oxygen to cells
 - Cushions joints



Am I Hydrated?

- Symptoms:
 - Dryness in mouth
 - Headache
 - ↓ urine
 - Mental confusion
 - Elevated core temperature

Urine Color



→ Drink 1 canteen

→ Drink 1 canteen within 15 min

→ Drink 3 canteens over 2 hours

1 canteen = 1 quart

Vitamins and minerals

- Needed by the body for physiological processes
- Required to produce energy
 - but they don't provide any energy on their own



Vitamins and minerals

- If you're deficient it'll affect your body
 - Ability to use energy
 - Ability to heal / recover
- More isn't better
- Fruits & Vegetables are excellent sources
 - Eat the rainbow



A soldier in full combat gear, including a helmet and a large backpack, is walking in a desert environment. In the background, a helicopter is visible, and several other soldiers are walking towards it. The scene is hazy, suggesting a dusty or smoky atmosphere.

**WHAT ABOUT
SUPPLEMENTS?**

Supplements

People are looking for:

- An extra edge
- Better results
- An easy way out
- Quick results with minimum effort

Supplement companies:

- Great marketing / sales
- Can be deceptive
- No regulation

Diet & Supplement warning signs

- Claims quick weight loss or muscle gain
- Restriction of one food groups
- Very low in Calories (<1000 Cal/day)
- Sounds "too good to be true"
- "You can eat all you want"
- "Breakthrough findings"

Losing weight sustainably and putting on muscle takes work!

Recap

- Balance your Calories
- You need fuel for your activity
- Eat throughout the day
- Add fruits & vegetables
- Stay hydrated!
- Supplements & fad diets won't do the work for you



Any Questions?