

For maximum physical and mental performance, at every meal, eat carbohydrates, protein and drink milk.



Carbohydrates = Fruits & vegetables, low fat milk/yogurt/soy milk, whole grain bread, pasta, cereal, oatmeal, beans, peas, corn, potatoes.

Protein = Low fat milk, yogurt, cottage cheese, & cheese, lean meats, eggs, fish & poultry, beans, nuts, and seeds, whole grains, soy products.

***Choose 100% WHOLE GRAIN products.**

NUTRITION GUIDANCE FOR MALES AND FEMALES

Problem	What should you do?	Food Sources	Result
Low energy; sluggish; easily tired	Eat foods rich in CARBOHYDRATES	Whole wheat bread, cereal, pasta, rice, peas, corn, potatoes, fruits, veggies	Carbohydrates provide fuel for muscles and brain
Muscle strains, injuries; slow to recover	Eat good food sources of PROTEIN	Chicken, fish, beef, cheese, milk, nuts, seeds, peanut butter	Faster recovery from injury; repair muscles
Trouble sustaining energy output	Eat healthy FAT sources	Nuts, seeds, peanut butter, olive oil, olives, fish, canola oil, avocado	Greater energy output; build muscle more efficiently;
Constipation	Increase FIBER in diet	Whole grain bread & cereal; beans, peas, fruits and vegetables	Relief!
Difficult maintaining body temperature; low energy	Increase IRON rich food sources	Beef, chicken, turkey, fish, spinach, kale, beans, peas, fortified breads, cereals and juice	Greater energy; better tolerance to cold
Broken bones; stress fractures; brittle teeth	Increase CALCIUM rich foods. Increase VITAMIN D food sources.	Milk, yogurt, cheese, salmon, broccoli, kale, calcium fortified foods. Vit D fortified milk, eggs, seafood, fortified cereals	Strengthen bones and teeth; Vitamin D helps body absorb calcium and thus helps prevent fractures and bone weakness.
* Increase muscle mass	Increase CALORIES and PROTEIN rich foods	Fish, chicken, lean beef, pork, milk, eggs, cheese yogurt, peanuts, nuts/seeds, beans, lentils	Protein intake must be combined with weight training to build muscle mass.

ATHLETE AND SPORTS NUTRITION GUIDANCE

HYDRATION – How much do you need every day?

- Your body weight in pounds divided by 2 = the minimum number of ounces of fluids you need per day (This does not include the amount of exercise you do or the climate you are in.)

Example: 120 pounds ÷ 2 = 60 ounces of water per day

Half Gallon = 64 ounces 1 Gallon = 128 ounces 1 Canteen = 32 ounces

*** For most people, 1 large gulp = 1 ounce**

With exercise add:

- 16 ounces (1/2 canteen) - 2 hours prior to exercise
- 4-8 ounces* - 10 minutes prior to exercise
- 4-8 ounces* - every 20 minutes during
- 16-24 ounces after exercise
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For exercise lasting longer than 60 minutes

- Use sports drinks for hydration, glucose and electrolytes to improve endurance performance (Powerade, Gatorade)
- Per 8 ounces: 12-24 grams of Carbohydrate; 110-170 mg of Sodium; 20-50 mg Potassium

Symptoms of dehydration:	For these symptoms, notify your instructor immediately:
<ul style="list-style-type: none"> • Thirsty • Headache • Dry Mouth • Dry Skin • Fatigue • Dizzy 	<ul style="list-style-type: none"> • Chills • Increased Heart Rate • Muscle Cramps • Nausea/vomiting • Swollen stomach • Confusion

PROPER FUELING

What to eat-

- 55-65% from Carbohydrates to fuel muscles and brain
 - Eat **Whole Grain and Whole Wheat Breads** (1st ingredient needs to be “whole grain flour” or “whole wheat flour”), **Whole Grain Cereals** (Kashi, Oatmeal, Fiber One, Wheaties), **Brown Rice, Whole Wheat Pasta, Fruits, Vegetables, Beans and Legumes** (pinto, black, lentils, split peas, kidney), **Low-fat Dairy**
- 20-30% from Fat to absorb vitamins and cushion organs, tissues, and joints.
 - Eat **Healthy, Unsaturated Fats (olive oil, olives, nuts and seeds, natural peanut butter, avocado, fatty fish, flax seed)**
 - Limit Saturated Fats (fried, animal fats, hydrogenated foods and processed)
 - Avoid Trans Fats (hydrogenated foods and processed)
 - At least 75 grams of **total fat**/day
- 15-20% from Protein to build and repair muscle
 - Eat **Lean Meats** (poultry, fish, lean sirloin and pork tenderloin), **Eggs, Low-Fat Dairy** (milk and soy milk, cottage cheese, yogurt), **Nuts and seeds, Beans, and Legumes**
 - The best diet contains adequate but not excessive protein. Extra protein does not build extra muscle, exercise does - proper training builds and strengthens muscles.
 - Protein needs per pound of body weight:

▪ Athlete	0.5 - 0.80 gm pro/lb
▪ Athlete Building Muscle Mass	0.7 - 1.0 gm pro/lb
▪ Athlete Restricting Calories (needs weight loss)	0.8 - 1.0 gm pro/lb

When to eat-

- A key to healthy eating is fueling your body throughout the day, eating every 3-4 hours is ideal.
- **BEFORE Exercise**
 - Eat a carbohydrate-rich meal with protein 3-4 hours prior to exercise
 - Examples: Banana and peanut butter sandwich and milk; Bagel sandwich w/ lean meat, cheese and veggies; Chicken, rice and veggies; Spaghetti with lean meat and a salad
 - Eat a carbohydrate-rich snack 30 minutes to 2 hours before training/competition.
 - The timing is wide because each individual's stomach is different- some people can eat right before they exercise and not get an upset stomach, others cannot.
 - Examples: a piece of fruit, ½ bagel, or a granola bar
- **AFTER Exercise**
 - Eat a combination of carbs and protein within 30 minutes of exercise.
 - Examples: 8-16 oz chocolate milk or flavored soy milk; Turkey sandwich; Flavored Greek yogurt and fresh fruit; Fruit and yogurt smoothie
 - Eat a balanced meal containing all the food groups (protein/dairy, grains, fruit, veggies) within 2 hours.
 - Examples: Homemade Burrito (tortilla, beans, lettuce, tomato, low-fat cheese, and salsa); Grilled poultry, brown rice, veggies, and fruit; Tuna salad made with veggies, whole grain crackers, provolone cheese, and fruit

**All Marines need to focus on their nutritional fitness
the same way they focus on their physical fitness.**