



Unlock Your Potential With Good Nutrition!

Eating a well-balanced diet is key when preparing for basic military training. Nutrient dense foods provide the energy your body needs during physical training and also the nutrients that help muscles recover faster. Choosing to live an overall healthier lifestyle now will better prepare you for the physical demands of BMT and it will also set you on the right track for a lasting successful military career—and good health!

Choosing nutritious foods to fuel your body can make training for BMT easier. A healthy diet improves focus and concentration, shortens recovery time and increases energy levels

Helpful Nutrition Websites

www.choosemyplate.gov

~provides nutrition info about different food groups and proper portion sizes

www.humanperformancecenter.com

~DOD website provides info on supplements, nutrition, and fitness

www.eatright.org

~ADA recommendation on safely losing and gaining weight

www.fruitsandveggiesmatter.org

~tells importance of fruits and vegetables and tips on how to squeeze them in throughout the day



PREPARING FOR BASIC MILITARY TRAINING

How to Fuel Your Human Weapons System



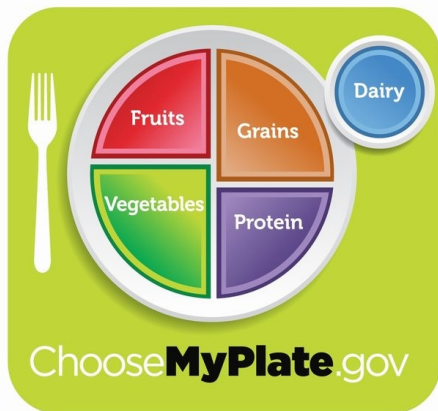
United States Air Force Dietetics

A Balanced Diet Goes A Long Way

Out With The Old, In With The New

You do not need to overhaul your entire diet to make it healthier. You can start by making little changes here and there. Here are some simple changes you can make:

- *Avoid over-sized portions
- *Make half your plate fruits and vegetables
- *Drink water instead of sugary drinks
- *Switch to fat-free or low fat food choices
- *Make at least half your grains whole grains



How Much And When To Eat

You want to spread your food and fluid intake throughout the day. It is best to eat every 3-4 hours. Consuming 5-6 small meals a day improves your metabolism, making it easier to stay at a healthy weight.

To Lose Weight: Being at a healthy weight increases energy and also decreases the chances of health risks such as diabetes and heart disease. Safe and healthy weight loss is 1-2 lbs a week; any more is muscle and fluid loss. To reduce weight in a safe manner you can:

- *Choose low-fat foods and watch portion sizes
- *Avoid sugary beverages
- *Eat a well balanced diet and include 60 minutes of activity daily

To Gain Weight: Having a low weight increases your chances of illness and broken bones in BMT. It also makes meeting the physical demands harder. Gaining more than 1-2 lbs a week is not lean body mass but fat weight. Some helpful tips to reach a healthy weight are:

- *Eat a high calorie diet, balanced in carbohydrates, protein and fat (calories from carbohydrates and fat used as fuel and protein used to build muscle mass)
- *Increase calories without eating more food by adding plant fats (nuts, seeds, avocados, olives), sauces, and condiments (ie; banana with peanut butter)

Check to see if your weight is healthy for you at:

<http://www.nhlbisupport.com/bmi/>

To improve physical performance: It is wise to decrease the size of meals/snacks as it comes closer to training time. Stick to high carbohydrate snacks and avoid fats, protein, and fiber. Some optimal choices are: a banana, unsweetened applesauce, light yogurt or reduced-fat crackers and string cheese.

Food is Fuel!

Carbohydrates, Proteins & Fats

Carbohydrates: Best choice to fuel your body. Preferred fuel for brain and muscles. Recommended daily allowance (RDA) is 45-65%. Carbohydrates are found in fruits, vegetables and grains. Shoot for half your grains to be whole grain.

Proteins: Needed for muscle and tissue repair, muscle growth, and metabolism. Daily protein needs vary based on activity level and body size. RDA is 15-20% of daily calories. Too much protein can lead to weight gain and dehydration. Some sources are chicken, legumes, and milk.

Fats: Are a concentrated source of calories and can lead to weight gain if consumed too much. Try to include fats from plant sources vs animals (margarine vs. butter). RDA is 20-35% of daily calories.

Vitamins and Minerals

These are the “spark plugs” that your body needs to use the energy, or “fuel”, from the foods you eat. Calcium and vitamin D can prevent bone injuries. Iron is very important for young women to prevent fatigue and decreased aerobic performance. Remember too much isn't always a good thing. Get your vitamins and minerals from foods, not pills.

Extra Tips

- Limit alcohol intake (high in calories and decreases focus and concentration)
- Stay away from fad diets
- **STAY HYDRATED;** drink plenty of water

