



NUTRITIONAL READINESS

Nutritional readiness is the ability to recognize, select, and consume the requisite food and drink to meet the physical and nonphysical demands of any duty or combat position, accomplish the mission, and come home healthy.

FUEL YOUR BODY

BEFORE EXERCISE

Choose carbohydrate-rich foods and/or fluids to top off energy stores. Smart choices include fruit, crackers, oatmeal, or granola bars. Hydrate with fluids containing electrolytes.

WHOLE FRUITS AND VEGETABLES

Fruits and vegetables are packed with nutrients that support physical and cognitive performance. Choose a variety of colorful fruits and veggies such as berries, leafy greens, citrus, carrots, or broccoli.

LEAN PROTEIN

Eat protein at frequent intervals throughout the day to maintain muscle mass and promote recovery from intense exercise. Choose lean sources of protein like poultry, fish, lean red meat, dairy, nuts, seeds, and beans.

AFTER EXERCISE

Eat a combination of carbohydrates and protein to optimize recovery. Try low-fat chocolate milk, a peanut butter sandwich on whole-grain bread, or Greek yogurt with fruit.

COMPLEX CARBOHYDRATES

Complex carbs are critical for Soldiers to maintain energy and provide fuel for physically and mentally intense training. Smart choices include whole grains like oats, brown rice, or whole grain bread, and starchy vegetables like potatoes or beans.

HEALTHY FATS

Healthy fats can help fight inflammation and keep you fuller longer. Choose healthy fats such as nuts and seeds, nut butter, avocados, olive oil, or cold-water fish.



For more information refer to:
FM 7-22, Holistic Health and Fitness 2020
usacimt.tradoc.army.mil



<http://www.hprc-online.org>

